

NEW CONNEXION

PACIFIC NORTHWEST'S JOURNAL OF CONSCIOUS LIVING

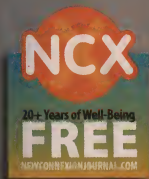
JULY/AUGUST 2014

WE'RE ALL EQUAL

**Big Win for Same-Sex Marriage
Bishop John Shelby Spong**

**DIGESTIVE
INTELLIGENCE**

**Be Your True Selfie
on Facebook**



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JULY/AUGUST 2014

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We're All Equal:



Ending Homophobia

By Bishop John Shelby Spong

Homophobia and discrimination against the lesbian, gay, bisexual, transgender and queer (LGBTQ) community must end. There is no compromise possible on this issue, just as slavery had to end without compromise.

Dr. Gary Gallagher, a professor of history at the University of Virginia, analyzed the failure of America's political leadership to



Bishop John Shelby Spong

find a compromise on slavery in the days and years leading up to secession and the bloody American Civil War. There was the careful attempt to admit to the Union, in tandem, one slave state and one

free state to insure the balance of power in the Senate.

Slavery, however, was not a political battle that could ultimately be negotiated—it was rather a moral battle that did not lend itself to compromise. It pitted a new consciousness against a dying definition. Slavery could not be partially moral or moral under some circumstances. It was either moral or immoral. There was no middle ground.

In the slavery debate, those who shared the new consciousness were quite clear. Human beings cannot be held in bondage. This new consciousness challenged those definitions, which suggested that some people did not qualify as human beings; that some people were primitive, child-like, created to be subservient, and were, therefore, fit for nothing other than manual labor. Within that definition, slavery was deemed to be morally acceptable and those who held this position actually believed that slavery was virtuous, since the slaves were assumed to be receiving the benefits of better health, longer life and wonderful new opportunities in "a civilized and Christian land."

These arguments sound strange, even hostile, to us today but ideas of racial superiority were still a powerful force in the Western world as late as the 20th century, fueling World War II, which cost the lives of approximately 80 million people.

Dying Definitions

Many headline churches are seeking a way, "for the sake of unity," to accommodate divergent opinions on the issue of homosexuality. Church leadership is acting as if negotiation is possible in this conflict, yet the obvious fact is that homosexuality, like slavery, is a moral issue and thus not amenable to compromise.

Once again today's debate pits an emerging consciousness against a dying definition. The old definition asserts that homosexuality is a choice that evil, perverted or subhuman people make. It cannot, therefore, be tolerated. People whose depravity causes them to choose "this lifestyle" must be converted or removed lest they destroy the social order; if they are homosexual because of a mental illness, they must be cured or isolated lest they infect the health of all our citizens. That is the definition, stated honestly but more baldly than its proponents will appreciate, that is held by those who call themselves conservative or traditional Christians.

To defend this position by claiming that the refusal to accept this perspective will destroy "the unity of the church," is a breathtakingly bankrupt idea. Trapped

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Big Win for Same-Sex Marriage

By Vicky Thompson

Marriage equality is the civil rights issue of our generation. It touches not only on issues of constitutional law, but also on the freedom to love without discrimination.

On May 19, Oregon became one of 19 states nationwide to allow same-sex marriages, including Washington state. U.S. District Court Judge Michael McShane ruled that Oregon's exclusion of same-sex couples from marriage is unconstitutional—paying the way for couples to begin marrying immediately.

"I believe that if we can look for a moment past gender and sexuality, we can see in these plaintiffs nothing more or less than our own families. Families who we would expect our constitution to protect, if not exalt, in equal measure. With discernment we see not shadows lurking in closets or the stereotypes of what was once believed; rather we see families committed to the common purpose of love, devotion and service to the greater community," McShane wrote in his opinion striking down the ban on same-sex marriage.

More than 75 couples joyfully rushed to the altar at the Melody Ballroom in Portland on May 19, celebrating with family and friends. Basic Rights Oregon and Oregon United for Marriage, with the event planning team at Swaim Strategies, organized the wedding day. Many local wedding vendors donated decorations, food and entertainment while Basic Rights Oregon covered the remaining costs.

"After years of working in every way possible to bring the freedom to marry



to Oregon, today is a historic day," said Vanessa Usui, board chair of Basic Rights Education Fund. "Starting with a ballot measure, and ultimately with this court victory, we have finally ensured that all loving, committed same-sex couples are free to marry in Oregon."

Clergy members from the Community of Welcoming Congregations (CWC) alerted to be ready to marry couples when the ruling came down, joined Portland Mayor Charlie Hales at the Melody Ballroom in the flurry of official "I do's." The CWC includes 120 faith communities throughout Oregon and Washington working toward full inclusion and equality for the les-

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Digestive Intelligence: Your Second Brain

By Dr. Irina Matveikova

It's fair to say that the intestine, which is divided into the large intestine and small intestine, is not the part of our anatomy we are most passionate about, nor the one that increases our pulse rate.



Dr. Irina Matveikova

No famous poet has written an ode to it, and normally artists are not inspired by the "beauty" of the digestive system.

Quite the opposite, in fact. The most common view of the gut is that it is an ugly body part that

looks a bit like a snake, smells bad and sometimes makes embarrassing noises.

However, I promise you that we have a true second brain in our insides and its neuronal function is very similar to the brain in our heads. Inside our bellies there is an extensive network of neurons located between the two muscular layers of the walls of the digestive system. Moreover, the structure of these digestive neurons is identical to that of neurons in the brain: both produce similar chemical molecules—neurotransmitters and hormones that are mostly necessary for our intercellular communications and the correct functioning of the body.

Let me introduce you to the enteric nervous system (ENS), our "second brain." This is not a metaphor—it is the official name accepted by medical professionals. The importance of the ENS was only demonstrated relatively recently with the publication of the work of Dr. Michael Gershon of Columbia University, who is the forerunner of the new science of neurogastroenterology.

According to new data, the total number of neurons found in the small intestine is around 100 million. This figure represents a considerably higher number of neurons than in the spinal cord, for example. The brain in our gut is the main production line responsible for producing and storing the chemical substances called neurotransmitters, most of which are identical to those found in the central nervous system (CNS), such as acetylcholine, dopamine and serotonin. These substances regulate our moods and our emotional and psychological well-being.

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1st Thursday, 7-8pm

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Tuesdays in August

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Thursdays in August

Saturday Classes

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July 12, 10:30am-12:30pm

Devotional Art
August 2, 9:30-11:30am

Finding Peace

August 9, 10:30am-12:30pm

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Is Surrendering a Sign of Power?

Do you feel the emotions or pain of others as if these sensations were yours own?

If you pick up energy like a magnet, then you may be a physical empath, according to Dr. Judith Orloff, author of *The Ecstasy of Surrender*.



Editor's Blog

by Vicky Thompson

"I can feel if somebody is having pain or if they are anxious or if they are angry or if they are joyous, positive and loving. I can feel all of it in my body as a result of my energy field. But the problem is that I can take it into my body and become exhausted or ill from it," says Orloff, who is a professor of psychiatry at UCLA and an acknowledged physical empath.

So if you have mystery symptoms or have been labeled a hypochondriac, the real problem may be that you absorb the symptoms of other people around you. Through surrender, Orloff has developed a process for letting go of old habits for dealing with illness and negative energy, helping physical empaths not to take on the weight of the world.

Why surrender? What is the advantage of going beyond your comfort zone, not just for physical empaths, but for everyone?

"It is a secret weapon for health and wellness, success and intimacy. Surrender is the ability to know when to go forward with the flow of your life and when to hang back, what people to move toward, what people to be magnetized toward and what people to not surrender to," says Orloff.

Surrender isn't about raising a white flag and falling back, Orloff says. There's an art of surrender where you have the right balance of control and letting go, tapping into the right timing for moving ahead or waiting for a better moment.

"Use your intuition, that still small voice inside that will tell you the truth about things and whether to move forward or whether to go back. Then you will know it is about sensing into life instead of just living up in your head all the time and making decisions that are just linear or mental," says Orloff.

Surrendering in Relationships

When you're having difficulties with someone you care about, you might want to control the situation. What steps can you take to surrender and heal the relationship?

Don't interrupt your partner when discussing difficult issues, Orloff advises. Hear the person out, as difficult as it may be to hear what they have to say or as wrong as you think they are — listen. That is a way of surrendering your anxiety and need to respond immediately. Another big relationship tool is surrendering the need to be right.

"Surrender resentment, surrender the need to be right all the time, have some humor, get in touch with the basic love you feel for the person and keep in mind your overall goal with the person, not just this one point. You might win the point but lose the relationship," says Orloff.

How can you surrender right now? Orloff suggests trying a daily surrendering stress meditation. Take three minutes where you stop everything. Take a few deep breaths, and drop into your body and out of your head. Begin to focus on your

heart and then sense any loving positive thoughts you feel. If the negative thoughts come, picture them as floating by like clouds in the sky, not attaching. During this time, connect to spirit to remember you are part of a larger universe beyond this tiny planet.

"So you gain perspective and then from that place, more relaxed, you go about your life," says Orloff.

Surrender to the ever-present grace in your life.

Vicky Thompson is the editor of New Connexion. Visit www.newconnexion.net for past blogs.



Listen.

Listen to an interview with Dr. Judith Orloff on the art of surrendering.

Using a QR code reader app on your smartphone, scan the QR code with your phone's camera. Or listen online at www.newconnexionjournal.com.



• This I Believe •

Three Life-Changing Choices

During the course of a regular day, you make different choices that affect the felt somatic (of-the-body) sense of how well-connected you feel to your real physical body, emotions, psychology and personality choices. While choices are generally thought about in the context of your relationship to people, places and things all around, they essentially determine your somatic connection to the boundaries of the finite physical body. In other words, choices are a bit like compass settings that seem to move your unique sense of yourself in different directions relative to the actual here-and-now location of the physical body.

Imagine that you are like the captain of your own ship or real physical body and the three kinds of choices are the three different directions that determine how well-connected and on board you are able to be. The first kind of choice, called sensory-based choice, results in a temporary disconnect from discomforted sensations and emotions, as if you had jumped ship.

The second kind of choice is called vastness and it's a story based on an ultimate truth conceived by the fragmented mind and ego that annihilates all felt somatic connections of the captain to the ship. Vastness puts an end to your ability to locate the finite boundaries of the ship so sensory information has no reality-testable location to register incoming data. The captain is adrift in an ocean of vastness that usurps the individuation process.

The third kind of choice, somatic conscious choice, is delicately different from the first two because you are able to notice a new menu of choices that support self-navigation of both known and unknown parts of your own ship. Somatic conscious choices use a new skill set to support the challenging work the captain is willing to do in order to tend and shine light into every part of the ship to self-illuminate the journey home.

Understanding the three choices is critical to the healing work every sentient being has come here to do.

— Lisa R. Oswald, www.projectlightbody.org

• Community Spotlight • Setting Boundaries

Every day, we have relationships with family, friends and coworkers. We want our identity to be noticed, and our wholeness and integrity recognized.

But sometimes we run up against a stronger energy that wants to envelop us, or tell us how to behave or what to think. Sometimes our children ask us to give them something that feels like more than we have to give or sometimes it's a parent in need of extra help or attention.

If you know your own boundaries, it's easier to discern when to say yes or no. And even if you know your boundaries and limits, you may be asked to stretch them. You have to determine at that moment if you are still being true to your own self.

There are three layers of boundaries. The first layer is the outer boundary that meets with the many different relationships we have in the world. The next layer is where we share our innermost feelings with our close friends and loved ones. And in the innermost core we share with only our self. Our outer boundary is permeable and lets

in some and keeps others at bay. Most of us want a permeable boundary because we want to let love in and out.

We say yes and no to our intimates when we asked to help out. We often say yes to our bosses when we are asked to perform. And sometimes we say no to our children or no to our aging parents, and then we feel guilty.

Sometimes in saying no to a loved one, you're protecting your own safety, limits and boundaries. Sometimes others need to take care of their own desires, wants and needs. When you say no out of love, you can disrupt feelings of guilt.

Learning to "see" the physicality of your boundary in the spirit world helps you understand your limits. Take a deep breath and imagine in your mind's eye what your boundary look like. Is it wavy, dark, lit up, surrounded by leaves, made of brush or a wave of water? Is it made of lights or concrete, in a clearing or by the seashore? Take a moment to honor your boundary.

— Katherine Boyer, www.mendingthetnet.com

TALKING STICK

We are in training to be nobody special. And it is in that nobody-specialness that we can be anybody. The fatigue, the neurosis, the anxiety, the fear — all come from identifying with somebodyness. But we have to start somewhere. It does seem that we have to be somebody before we can become nobody.

— Ram Dass, author of *Grist for the Mill*

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We're all desperately trying to be somebody. No one wants to be a loser, a small fry, a big zero, a washout, a nonentity.

Nobody, it seems, wants to be just a nobody.

We're all en masse, and in pretty much the same ways, struggling to be unique individuals. This obsessive quest for distinctive identity drives us all equally, for we all believe that happiness and fulfillment will come through distinguishing ourselves, through being "special." Our contemporary culture of consumerism, materialism, narcissism and the worship of fame encourages the idea that we will be happy only when we become exceptional.

But maybe we've got it wrong — exactly wrong.

Maybe our deepest and most authentic happiness will be found only when we finally lay down this heavy burden of trying to be a somebody, of perpetual ego-enhancement and compulsive self-consciousness. Perhaps it is precisely in a state of egolessness, in an utter lack of self-preoccupation, that we will actually become nobody and thereby access something much larger, much more amorphous and less exclusive.

Maybe true fulfillment in life requires an emptying, not a filling.

Me Decade to the iEra

Now more than ever before, we seem to be increasingly preoccupied with "me" — so much so that it seems no exaggeration to describe the whole zeitgeist as an obsession with the self. This excessive self-concern, now pervading virtually every aspect of our lives, is an example — perhaps even the most salient example — of a real "First World Problem."

More than 35 years ago, journalist Tom Wolfe dubbed the 1970s the "Me Decade." The social and political concerns and upheaval of the '60s had given way to a cul-

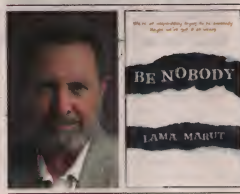


By Lama Marut

ture of individual self-centeredness. And in 1979 — at the tail end of this decade of self-preoccupation — Christopher Lasch published *The Culture of Narcissism*, a scathing critique of "the culture of competitive individualism, which in its decadence has carried the logic of individualism to the extreme of a war of all against all, the pursuit of happiness to the dead end of a narcissistic preoccupation with the self." Lasch's book remains one of the most accurate portraits of the world we still inhabit.

According to Lasch, narcissistic traits revolve around an all-encompassing fixation on the self:

- The insatiable greed, extravagance, sense of entitlement and demand for immediate gratification that are the hallmarks of rampant consumerism.
- The total dependence on others for validation of one's self-esteem.
- The cult of celebrity and our vicarious fascination with the glamorous "lives of the rich and famous."
- The "culture of spectacle" and entertainment that has infected just about every-



thing, from politics to sports to religion.

Like Me on Facebook

These defining trends, already recognizable in the late 1970s, have been magnified and multiplied in the years since. The culture of narcissism has mutated and grown in all kinds of ways. Among its many other expressions, it now saturates every aspect of popular culture.

All of our emailing, calling, messaging and tweeting is now so much to "reach out and touch somebody," as a phone company slogan once had it. It is mostly about reach-

ing out so that others will acknowledge and affirm us.

And then there's the exponential increase in usage of the social networks, Facebook being the behemoth of them all, with well over one billion participants or nearly 20 percent of all the Earth's inhabitants. With Facebook, it's all about the thumbs-up "likes," isn't it?

Do you like what I just said? Do you like this photo of my cat? And beneath it all, the real question: Do you like me?

Social networks are amazing communication tools that can be (and occasionally are) employed for very beneficial purposes. Unfortunately, most often the postings are of the narcissistic order, some more blatant than others. It's sad, but it's also typical of our self-possessed times, starting at our monitors, that we peg our self-worth on how many Facebook friends give us a thumbs-up, with our Instagram hearts throbbing for more notches on the proverbial post. Like Narcissus, we are enamored of our own reflections in the (now digitized) mirror. When will we realize that we'll never get enough thumbs-up to satisfy the ego, no matter how many photos we share, no matter how many witticisms and observations on life we contribute to the web's global conversation?

In light of this unprecedented exaltation of the ego and its insatiable need to be acknowledged, fulfilled, pampered and "liked," it's worth reminding ourselves: There is not a single authentic spiritual tradition that enjoins us to be more self-preoccupied, more full of ourselves or more narcissistic than we already are. When it comes to achieving happiness in life, observation with the self has traditionally been identified as the problem, not the solution.

This obsession with the self emanates not only from egocentrism but also from deep insecurity. There's a dark side to the culture of narcissism — in fact, maybe there's only a dark side. According to the ancient texts, one of the karmic causes of depression is an overweening interest in oneself at the expense of thinking of others. In a time and place where "it's all about me" — where the promotion of the first-person pronoun demands a "me first" attitude — it's no wonder that we're plunging into depression in unparalleled numbers.

It's not self-help if it's all about you. It's not genuinely self-serving to live only in the service of the ego instead of in the service of others. It's only through cultivating real humility and an unselfish spirit, and not through indulging in yet more self-absorption, that a healthy and deeply felt self-esteem can emerge.

Truly Be Nobody

"Nobody" refers to our ever-present "true self," our greatest source of joy and strength, the eternal reservoir of peace and contentment to which we repair in order to silence the persistent demands and complaints of the insatiable ego.

True and deeply felt self-esteem comes not through the exhausting quest for more and more ego inflation. It comes only when the ego and its endless demands are quieted and quenched, when the lower self is emptied and the fullness and plenitude of the higher self arise.

It is only when we stop narrating the play-by-play of our lives and actually start living in an unmediated and direct way that we become really present and fully engaged. It is only when that little voice inside our head finally shuts up that we become wholly assimilated with what's actually happening, and become truly happy.

Lama Marut, author of *Be Nobody*, is the spiritual director of eight Middle Way Centers located in North America, Australia and Singapore. He presents at *New Renaissance* on July 24. Visit www.lamamarut.org. Adapted with permission by *Beyond Words* at www.beyondword.com.

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with Dr. Lauri J. Shainsky

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 Sept. 12: *Call to the Wild: A Healing for the Animals of Earth*
 Sept. 23: *10-week Shamanic Sound Healing class begins*
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Spirit-Guided Sound Healing

By Lauri Shainisky

Sound is a carrier wave of intention, a magical creative force that reconfigures matter and energy. Spirit-guided sound healing adds participation of compassionate benevolent spirits from the divine realms in the process. Spirits encode the sound with power and wisdom and help guide the sound to its most potent targets.

Healing involves two basic processes: 1) releasing things that do not belong in the mind-body-spirit energetic (MBSE) system, and 2) filling with or calling forth those that do belong.

Thus, in shamanic sound healing, we make sound that helps us release dense energies, limiting thought-forms, obsolete ideas and beliefs, and unproductive emotional knots. This release happens by using "catalytic" sounds — abrasive, unsettling or highly stimulating sounds. Catalytic sounds include sharp sounds, rattling, crackling, buzzing and other harsh sounds. They free stuck energies, facilitating their release.

Once we have released, we then invite the divine to fill us — with light, love and divine essence. Filling is done through sweet, melodious, gentle, harmonious "coherent" sound. Lullabies, "lovely" songs and toning are coherent. Power, wisdom and high vibrational energies ride these sweet sounds into our MBSE system, filling spaces created during the releasing process.

When we release, we must fill.

Dr. Lauri Shainisky is a shamanic sound healer and creator of the CD *Around The Wheel*. Visit www.shamanicsoundhealing.com.



Lauri Shainisky leads a sound session.

Set aside at least 20 minutes, in a place where you will not be disturbed. The vibrations of nature are very nurturing so if you can use an outdoor space, fantastic! If not, be wherever you are. Put out a bowl of water or a lit candle. These elements will absorb any dense energies released during your process. If you are outside, the Earth will help.

Step 1: Create sacred space by inviting the unseen compassionate realms.

We create sacred space, imbuing our healing environment with spirit. We sing and pray to those ones we know, and to those who may be new. We always explicitly call to the "benevolent, compassionate helping spirits," no matter what level of experience we have.

Power animals, gods and goddesses, angels, human-formed guiding ones, light-beings, and other enlightened ones

Do a Sound Healing Session on Yourself

may come. Let your heart guide you. Stand and feel the compassion around you. Ask the spirits to guide you, and encode the sounds you make.

Step 2: Form a heartfelt intention.

Close your eyes, notice and appreciate your body, your mind, your feelings, your overall current state. Say thank you to you.

Next, form a healing intention for yourself — it may be for an enhanced physical, emotional, mental or situational state of being. State a positive version of your intention. If you want the pain in your knee to subside, a positive intention would be, "May I walk with grace, ease and be pain-free." If you want to release grief about a relationship, a positive intention would be, "Please release this grief — its root energies and thoughts — and replace it with acceptance, ease and gratitude for the lessons from this relationship."

When we seek to release something, we are best served by replacing it with something of higher vibration. State your intention out loud for the spirits to hear.

Step 3: Intend and make healing sounds.

Close your eyes and breathe deeply. Feel your rib cage and belly expand and relax. Open your lips and breathe out through your mouth. Gently add some initial gentle sound.

Bring into in your heart your healing intention. Use your imagination and your senses to feel what it would be like to have your intention fulfilled. How would that feel in your body? What thoughts and emotions would you have? What would it look like? Ask the spirits to assist you in setting this intention into motion. Then, make sound with those thoughts and feelings present. Let the sound swirl around your heart.

At first you may find yourself self-conscious. This witnessing is totally normal. Simply bring your awareness back to your feelings of your fulfilled intentions.

Notice if some part of your body begins

to vibrate. The thread of your intention may emerge from your body here. Use the sound you are making to go deeper into your intention, working with your body.

Experiment with coherent and catalytic sounds. If the barriers to your intentions could make sound, what would it be? Then invite catalytic sounds to break up these barriers.

Step 4: When we work with dense energies, we always ask the divine to transform or dispense with them.

The elements (especially water or fire) are good at taking dense energies, so directing these into the lit candle, water or earth is good energy hygiene.

As you feel the dense energies abate, call in grace, the divine light or spirit, to fill you. Invite it to interpenetrate you with sweet, coherent, melodious sound.

Create anew with sound. Experiment. Let yourself go. Know that you are creating your world with the sound you are making, guided by the divine.

When you feel complete, invite silence to carry the sounds into your beingness, and out into the universe, to have their creative magical effects.

When we call the spirits in, we always thank them, and release them with a blessing: "Thank you to all of the spirits that came, for your miraculous healing and for setting my intentions into motion. I release you from this healing ceremony, knowing that you are with me, out ahead of me on my path. Thank you."

— Lauri Shainisky



Listen.

Lauri Shainisky's shamanic drumming will help you go deeper in healing.

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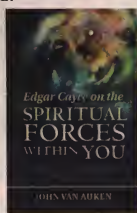
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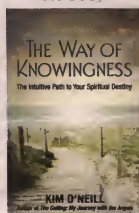


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NEW CONNEXION

Contrails or Chemtrails: Should You Be Concerned?

By Guy Devin

The topic of contrails or chemtrails is heating up. Should we be concerned about these wispy white clouds that look so innocent?

Before we get into the various theories about the possible harmful effects, let's discuss the scientific explanation for these streaks in the sky. Jet engines spew out very hot air. And, because water vapor is one of the byproducts of the exhaust, the air is also very humid. However, high in the atmosphere where these jets fly, the air is typically very cold — often lower than 40 degrees below zero Fahrenheit. Additionally, the atmosphere up there is often of low vapor pressure, or the force exerted by a gas on the surrounding environment.

When a jet engine is spewing out hot, humid air into an atmosphere that is cold and has low vapor pressure, the result is condensation. The water vapor coming out of the engine quickly condenses into water droplets and then crystallizes into ice. The ice crystals are the clouds that form behind the engine. This is why the streaks are called contrails, short for condensation trails.

To help explain it, scientists liken it to seeing your breath on cold days. You may have noticed that puffs of breath dissipate quickly on drier days. The same is true of contrails: When the atmosphere is more humid, the contrails linger, but when the atmosphere is dry, the contrails disappear more quickly.

The contrails consist of not just ice crystals and water vapor but also other byproducts of engine exhaust. These include carbon dioxide, nitrogen oxides, sulfate particles and soot. Some point out that these, in addition to the extra cloud cover, can have negative environmental effects.

them, creating chemtrails.

In addition, conspiracy theorists latch on to anecdotal evidence that connect epidemics of flu-like symptoms to instances of contrails. Those who believe that there's something fishy about contrails have come up with several theories to explain what the government could be covering up.

One of the more extreme theories says that the government is intentionally spraying people with harmful substances in order to experiment with the effects — or even to "weed out" the sick and elderly. However, many dismiss these theories on the grounds that such experiments would be of no real use. They say that the "chemtrails" would be released so high in the atmosphere that unpredictable winds would move them around significantly, making such experiments worthless and unreliable. Others speculate that the government is dumping barium salt aerosol on the land in order to assist in radar mapping for defense purposes.

Still others believe that the government could be experimenting with weather manipulation for defense purposes. This actually isn't as much of a stretch as it may seem. As long ago as the 1950s, the British were able to successfully "seed" clouds with salt, dry ice and silver iodide to make rain. It would seem that weather manipulation, then, is a very possible and effective military defense tactic. Conspiracy theorists believe it might have connections to the High Frequency Active Auroral Research Program (HAARP), which studies the atmosphere to advance communication and navigation systems.

Another popular theory is that chemtrails are well-intentioned attempts by the government to combat global warming or the depletion of the ozone layer by spraying particles to reflect the sun's radiation. However, if this is true, it's ironic that (nonconspiracy) environmentalists blame

chemicals may not be affected by these chemtrails? All of us, especially our senior population and also the very young, need to consider the possibility that what we are breathing is more than just oxygen.



Guy Devin sees contrails daily in the skies above his home in Phoenix.

What can you personally do to protect yourself?

On a personal level, you can choose to take action with strategies that support your and your family's good health and well-being. You can limit your exposure to these and other harmful chemicals by eating organically, taking quality supplements that support your immunity, liver and adrenal complex. These are the critical systems within the body that need the most support to combat daily toxicity at all levels.

Whether you choose to move toward

conspiracy theories or controversy on this topic, the fact is we live in a toxic world with toxicity coming from many fronts. Since CMOs have finally come to the awareness of the mass media and consciousness, perhaps chemtrails will emerge as the next item on the agenda for improving life on our planet. You can begin to act in accordance with what drives you. It is

always advisable to continue to observe, do your research and continue asking questions — all with the focus of maximizing the quality of life on planet Earth.

Dr. Guy Devin holds a Ph.D. in nutritional sciences, is a certified clinical nutritionist, certified holistic health practitioner and specializes in nutrition, herborology and clinical nutritional microscopy. Devin has been the national director and chief educator for several natural product companies. Visit www.harmonicinnerprizes.com and www.enrgeticsinsights.com.



And conspiracy theorists have nicknamed contrails "chemtrails" under the suspicion that the government is taking advantage of this scientific phenomenon to secretly release other chemical substances into the atmosphere.

The U.S. Environmental Protection Agency explains that contrails, even long-lasting ones, are simply trails of condensation and are not harmful. However, some people have become suspicious that the contrails expelled from jets today are thicker and linger longer than they have been in the past and that "new" cloud formations and shapes now appear in the sky that have no resemblance to what has been known in the past. So, while they accept that contrails are a natural byproduct of jet engines, their suspicion is that the government has since used that excuse to put other substances (like heavy metals) in

contrails for polluting the skies. They say that jet traffic has become so bad that the sheer cloud cover from contrails, which can be seen from space, has been negatively affecting the environment, possibly contributing to global warming.

So, whether you consider the conspiracy hype, healthy skepticism or paranoia, contrails are certainly an area of concern for the environment.

There are many questions to consider when trying to live a healthy lifestyle. Just like the exhaust from our automobiles is helping to create global warming, the same exhaust from jets spews into the air, and then falls toward the ground. What is the impact on all crops — organic or conventional? Is it possible that genetically modified organism (GMO) plants because of the modification and manipulation to resist certain pesticides and other harmful

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Tapping and Weight Loss: Retraining Your Brain

By Jessica Ortner

Tapping on critical pressure points with your fingertips can help you to eliminate the anxiety surrounding weight loss and body image. It's that simple — you can do it yourself — anywhere, anytime.

Why does tapping work? Tapping (also known as the emotional freedom technique or EFT) is a practice similar to acupuncture, but without needles. It releases stress and deep-seeded emotions, stopping cravings and urges in their tracks. Tapping disrupts the fight-or-flight response, quickly allowing your body to return to a more relaxed state in which it can digest food properly and support healthier digestion and faster metabolism.

To understand why tapping works so well — not just for anxiety, fear and trauma but also for losing weight — it's important to understand the limbic response.

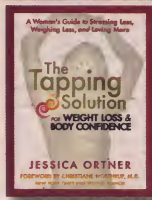
The limbic system is the part of our brain that contains that feisty amygdala that initiates the fight-or-flight response when it senses danger. This same process can take place when we experience stress around food. For instance, when you experience a craving for chocolate, you may be in the throes of a limbic response. If your brain has been trained to respond to stress by inhaling a box of chocolate chip cookies, that's probably what you'll do after a long day at the office.

Because tapping quickly halts the fight-or-flight response and lowers your



If you have intense food cravings, the idea of being able to pause and determine whether you really want or need to eat the food you're craving may sound impossible.

cortisol levels, you're able to change how your brain reacts to stress and chocolate chip cookies. Instead of being made to feel like you must devour every last one of those cookies, you can stop and figure out whether cookies are really the best



After working with thousands of clients on food cravings and emotional eating, I'm still amazed at how quickly tapping can change behavior. After tapping on the stress they're feeling, clients will often say, "Wow, it's actually not about the food."

way to unwind.

If you have intense food cravings, the idea of being able to pause and determine whether you really want or need to eat the food you're craving may sound impossible. As someone who used to inhale a box of six organic cereal bars in one sitting (a favorite during one of my "healthy eating" phases), I completely understand why you feel that way. In those moments when you feel like you'll die if you don't eat that food, you're at the mercy of a limbic response that's been ingrained in your brain, probably for many years.

The idea that you can train your limbic system to respond differently to familiar stimuli lines up with recent discoveries about neuroplasticity, which shows that the brain's pathways can be altered. Scientists speculate that when we train our limbic system to respond to a long day at work in a new way, we're actually changing our neural pathways, training our brain to react differently than it has in the past.

After working with thousands of clients on food cravings and emotional eating, I'm still amazed at how quickly tapping can change behavior. After tapping on the stress they're feeling, clients will often say, "Wow, it's actually not about the food." Once we use tapping to clear the stress that's causing them to overeat, they're able to eat less without even noticing. The situations or foods that once triggered them to overeat simply lose their power.

Does that mean they'll never succumb to cravings and emotional eating ever again? No. But it happens so infrequently that it doesn't sabotage their goals. They often describe finally feeling a sense of peace around food. For the first time in years, clients tell me they can attend parties and have great conversations with people they'd never gotten to know previously because all they could focus on was the food. And for the first time in years, they can take a walk or to a yoga class and actually enjoy themselves.

The success stories around tapping, weight loss and body confidence cover a wide range of circumstances, issues, and

challenges. Whatever the specifics of the story, time after time when clients do the tapping, they lose the weight and keep it off. More important, though, even before the weight loss happens, they're able to feel beautiful in their bodies.

Why Tap to Lose Weight?

A study by Dr. Peta Stapleton, a clinical psychologist in Queensland, Australia, found that just by doing an average of 15 minutes of tapping per day over an eight-week period — without dieting or exercise — participants lost an average of 16 pounds.

People often ask me how quickly tapping will help them lose weight. While many of my clients begin losing weight in our first weeks working together, everyone loses weight at their own pace. When we begin tapping to release the stress and pressure we put on ourselves to lose weight, it's counterproductive to obsess about the result. When we are truly on this journey, weight loss becomes a pleasurable side effect of feeling better about ourselves.

The great thing about tapping is that it also works on headaches, backaches and almost any kind of physical pain as well as insomnia and negative emotions such as fear, anger and more. You can use it to relax after a long day or to get more focused when you're feeling sluggish. The physical and emotional benefits are endless, so try tapping whenever you want to feel better, and the weight loss benefits will soon appear as well.

Jessica Ortner is the author of *The Tapping Solution for Weight Loss & Body Confidence*. Visit www.jessica-ortner.com. Experienced with permission by Hay House at www.hayhouse.com.

Watch.
Jessica Ortner demonstrates how easy it is to do tapping for weight loss.

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July

JULY 2 - AUGUST 28

Ananda Portland 3- or 4-Class Series

Classes meet 7-8:30pm. Wednesdays: Learn to Meditate. Tuesdays in July: Essence of the Bhagavad Gita. Three Thursdays: July 17, 24, 31: Embodiment & Shamanic Living. Tuesdays in August: Awaken to Superconsciousness. Thursdays in August: How to Live with More Energy! Ananda Portland, 4855 SW Watson Ave. In Beaverton. 503-626-3403. www.anandaportland.org.

JULY 4 - SEPTEMBER 5

Summer Internships

Live in community, practice yoga, meditation and gain hands-on experience in a beautiful rural setting. Start dates: July 4, Aug. 1 and Sept. 5. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 4 - SEPTEMBER 7

First Times' Weekend

Experience meditation, yoga and community with reduced fees for first-time visitors. First weekend each month: July 4-6, Aug. 1-3 and Sept. 5-7. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 7 - AUGUST 4

Metaphysical Fair

6:30pm at New Renaissance Bookstore Event Center in Portland on July 7 and Aug. 4. An evening of intuitive guidance and energy healing! Free admission. Services for donation or small fee. Many modalities available. Aurora 503-321-1271. www.newrennaisance.com/metaphysical-fair.

JULY 9 - AUGUST 13

Free Talking Stick Phone Forum

Ask about your shamanic, spiritual and metaphysical concerns July 9 and Aug. 13 at noon. Offered by Jan Engels-Smith with LightSong School of Shamanic Studies. Meet register online: www.lightsong.net/courses/free-talking-stick-forum.

JULY 11 - AUGUST 16

Reiki Lifestyle with Colleen Benelli

Reiki ART/Master, July 11-13; Reiki 1 & 2: Aug. 9-10. Colleen's unique style of healing and teaching blends shamanic techniques with her mastery of Usui/Tibetan and Karuna Reiki. www.reikilifestyle.com.

JULY 12

Understand the Profound Teachings of Soul Mind Body Medicine

10am-5pm. Learn the key theories, secrets, wisdom and practical techniques of Soul Mind Body Medicine with Master Roger Givens. 575. Opening to Life Studio, 407 NE 12th Ave. In Portland. Linda: 971-344-7805. soulpowerd@gmail.com.

JULY 12 - AUGUST 24

Hidden and Forbidden: Women's Dark Moon Wisdom

July 12: Exploring Our Ancestral Nature. July 26: Spinning Spells/Weaving Magic. Aug. 9: Women, Honey and Bees. Aug. 24: The Left-Handed Path. Classes meet 12:30-4pm. \$25 per class. Ingrid Etnard, Irreverent Wise Woman, 415-652-3990. www.therevealed.com.

JULY 12 - AUGUST 30

Ananda Portland Saturday Morning Classes

Third Saturday monthly: Learn to Meditate. July 12: How to Have Courage, Calmness and Confidence. Aug. 2: Devotional Art. Aug. 9: Finding Peace. Aug. 23: Path of Kriya Yoga. Aug. 30: Healing the Heart. Ananda Portland, 4855 SW Watson Ave. In Beaverton. 503-626-3403. www.anandaportland.org.

JULY 15

NCX Wellness Night

7-8:30pm. In "Attuning to the Realms of the Nature Beings," Terry Kem shares how to attune to the frequency of Northwest nature beings. 512 at New Renaissance, 1338 NW 23rd Ave. In Portland. www.newrennaisance.com.

JULY 15 - AUGUST 24

Meditation for Starters Weekend

Learn to calm your mind, energize your body and carry that calmness into everyday life. July 18-20 and Aug. 22-24. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 21 - 25

Four Accords of the Inspired Musician

David Bly shares how to generate consistent inspiration in playing and performing music. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 25 - 28

Natural Building Workshop

Pablo Loayza from Natural Living School teaches how to build a cob structure. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 25 - AUGUST 31

Yoga for Peace of Mind

Yoga postures, affirmations, pranayama and meditation for a fit body, a joyful heart and peace of mind. July 25-27 and Aug. 29-31. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 25 - OCTOBER 24

Free Soul Healing Miracles Blessings with Divine Healing Hands

Fridays, July 25, Aug. 20, Sept. 26, Oct. 10 and Oct. 24. 7-9pm. Master Roger and Divine Healing Hands Healers demonstrate how Divine Healing Hands blessings relieve pain, transform emotional imbalances, improve mental clarity and more. Love offering. Opening to Life Studio, 407 NE 12th Ave. In Portland. Linda: 971-344-7805. soulpowerd@gmail.com.

JULY 26

Conscious Wellness Expo

10am-4pm at Kent Commons, 525 Fourth Ave. N. In Kent, WA. Free. Region's largest summer metaphysical event by Boeing Employees Parapsychology Club. Speakers, vendors, readers, healers, writers, books, more. Open to public. Free parking. www.bepwcw.com and www.facebook.com/bepwcw.

JULY 26

Soul Language and Third Eye Channel

10am-5pm. In this profound and sacred workshop, learn how to open your spiritual channels and receive powerful Divine blessings to accelerate their opening. \$150. Opening to Life Studio, 407 NE 12th Ave. In Portland. Linda: 971-344-7805. soulpowerd@gmail.com.

JULY 26

Families for a New Tomorrow Summer Camp

Joyfully guided outdoor and creative activities, yoga and meditation. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 26

Spiritual Healing Workshop

10am-4pm at Float Shoppe conference rooms in Portland. The gift of healing is available to all. Learn techniques of hand-on-hands-off spiritual healing in this extraordinary/experiential workshop. Contact Cyndi for information or pre-registration: 541-343-5197 or Mark Earle. www.markearle.com.

JULY 26

Direct Soul and Direct Knowing Channel

10am-5pm. In this profound and sacred workshop, learn how to open your spiritual channels and receive powerful Divine blessings to accelerate their opening. \$150. Opening to Life Studio, 407 NE 12th Ave. In Portland. Linda: 971-344-7805. soulpowerd@gmail.com.

JULY 26

NCX Wellness Night

7-8:30pm. In "The Singing Heart: An Active Exploration of Sound Healing," Lauri Shainsky shares daily techniques for self-healing with sound. 512 at New Renaissance, 1338 NW 23rd Ave. In Portland. www.newrennaisance.com.

JULY 26

Labor Day Celebration: The Art of Building Community

Our 4th annual celebration and uplifting retreat with inspiring talks, concert, theatrical performance, daily yoga, meditation and sound healing. Ananda Center at Laurelvood, 38950 SW Laurelvood Rd. In Gaton, OR. 503-746-6229. www.anandalarelvood.org.

JULY 26

Shamanic Sound Healing with Lauri Shainsky

Work with sacred sound and songs to heal self and others. Aug. 29: Sound Healing & Soul Constellations. Sept. 12: Call to the Heart: A Healing for Earth's Animals. Sept. 23-Dec: 16 Shamanic Sound Healing 10-week class. Oct. 3-5: Sound Intensive. Taught by Dr. Lauri Shainsky. 503-939-7174. www.shamanicsoundhealing.com.

JULY 26

SEPTEMBER 10

Bishop John Shelby Spong

7pm. A New Christianity for a New World. Bishop Spong is considered the champion of an inclusive faith by many, both inside and outside the Christian Church. New Thought Center for Spiritual Living, 1040 C Ave. In Lake Oswego. 503-296-9922. www.brownpapertickets.com.

JULY 26

OCTOBER 10 - 12

Meditation Development

Want to become a bridge and communicate with loved ones in spirit? Bestselling author and 15-year spiritual medium Jeffery Marks will show you how in this Meditation 101 weekend Intensive. Heart/Psychic/Prenatal required. www.spiritualexploration.com.

JULY 26

The Singing Heart: An Active Exploration of Sound Healing with Lauri Shainsky

Invite intentional, spirit-guided sound to infuse and flow through you. Allow sacred song and sound to reach into your heart and provide nourishment. Learn daily techniques for self-healing. Your heart sings a new story — we listen, we give voice to it. Visit www.shamanicsoundhealing.com.

JULY 26

Tuesdays at 7-8:30 pm • \$12 at New Ren

Participants receive a \$2 discount coupon good toward New Ren purchase that day.

JULY 26

New Renaissance Bookshop

1338 NW 23rd Ave. at Pettygrove St. In Portland. www.newrennaisance.com. Details on the Calendar at www.newconnexionjournal.com.

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July Events

Drop-in Kirtan

John Gladen, Tues. July 1, 6:30-8 pm, FREE!
Join kirtan devotional chanting will lift your vibration and attune your heart to the frequency of the Divine. Come join John Gladen, on classical guitar, to uplift your Spirit and expand your Soul.

Drop-In Meditation

Ean McClane, Wed. July 2, 9, 16, 23, 30, 5:30-6:30 pm, FREE!

Drop by after work and enjoy a quiet session of peace with like-minded people. Bring your pillow, bench, shawl or other meditation supplies. Ean@McClane.com

Astromusik: The Harmony of the Spheres

Ezra Sanchez-Bell, Thurs. July 3, 7-8:30 pm, \$12
Music is the premier symbol of this teaching, each note representing an atom in the body of a musical organism. During this event we will explore the hermetic philosophies of Ancient Greece, Renaissance Europe, 19th century ritual magic, and their cumulative influence upon Western music. ToneColorAlchemy.com

NRB will be closed on July 4!

Mending Dysfunction in the Family

Katherine Boyer, Thurs. July 10, 7-8:30 pm, \$15
A dysfunctional family is one in which problems occur but never get resolved or acknowledged and continue to recur. Tonight, author Katherine Boyer, explains how you can heal yourself and in turn, heal your family. You can learn how to be "unstuck" in your existing systems and mend the net of your family by creating new patterns. MendingTheNet.com

Waking the Master: An Attunement

Elle Collier Re, Fri. July 11, 7-8:30 pm, \$15
Annam (Elle Re) is Awake: She will touch you where you are, the authentic self. In the softest energy and the most unique way of using words, you will be supported to enter true Source awareness. You come to unveil Mystery. This will be both an experiential of divine Current and discussion. Come meet Annam and begin the Great Shift of deep spiritual awareness.

Waking the Master: Initiation Keys

Elle Collier Re, Sat. July 12, 1-5 pm, \$40
Annam is a force of Love, a profound catalyst, and an ally who helps sort out mysteries. As she attunes to supply Words coming from the Supernal Light, you will feel the room shift. What to expect? Keys to your own pure wisdom. Your part? Arrive in uncluttered simplicity — a "beginner's mind." You will be borne into the Realm of Whole-Consciousness.

Full Moon Drumming Circle: For Peace and Healing

Connie Hill, Sat. July 12, 6:30-8 pm, \$13
Drumming and rattling help clear and shift energy, help release what is no longer needed in our physical, mental, emotional, and spiritual bodies, and help us manifest new energy in our lives. We will clear our personal energy and then focus on how to replace what was released. GMinite.com

Writing Through the Body

Johnnie Mazzocco, Sun. July 13, 11 am-2 pm, \$30
Writing is a magical tool that can help us peel back the layers within and further our quest for authenticity and self-acceptance. With this inventive and soulful approach, Johnnie Mazzocco — creator of the Writing Through the Body process — will help you take your memoir and journal writing to a more profound level. JohnnieMazzocco.com

Summer Reset Intensive: Turn Burnout into a Radiant Glow with Ayurveda

Susan Ashleigh Bass, Sun. July 13, 3-5 pm, \$25
This intensive is for all the passionate, driven people that tend to burn themselves out in the season of FIRE. Our internal fire is what cooks our food and helps us extract nutrients with ease. Learn how to nourish our internal fire by using diet and daily practices, as well as simple movement and breathing techniques from the oldest, continuously practiced health care system in the world, Ayurveda. TheArtofDigestion.com

Store Hours

M-Th & Sat. 10 am-9 pm;
Fri. 10 am-9:30 pm; Sun. 10 am-8 pm

NCX Wellness Night Attuning to the Realms of the Nature Beings

Terry Kem, Tues. July 15, 7-8:30 pm, \$12
Do you hear the calling of the plant spirits, animal nations, fairies, gnomes or elemental? The natural world is trying to get your attention. Experience the joy and healing that comes from attuning to the frequency of some of our very own Pacific Northwest nature beings. Let Terry Kem, animal tracker, naturalist, earth emissary and elemental shaman, guide you through a process for experiencing "the spirit that moves through all living things." DeerDance.org and NewConnexion.net

Garden Blessings: Prose, Poems and Prayers Celebrating the Love of Gardening

June Cotner, Wed. July 16, 7-8:30 pm, \$12
So many of us are tethered to technology and glued to our smartphones, disconnected from the world around us. Author and anthologist June Cotner and contributor Barb Mayer of Garden Blessings: Prose, Poems and Prayers Celebrating the Love of Gardening, discuss how to tap into the power that nature offers for our personal growth, and the many blessings that gardens bring to our lives. JuneCotner.com

222 Questions that Will Change the Way You Think

Catherine Craven, Thurs. July 17, 7-8:30 pm, \$12
Catherine Craven's new book, 222 Questions We Should All Ask Ourselves at Least Once, is designed to promote thought, introspection and observation of our own minds. Come meet the author for a challenging and enlightening discussion on how our learned behaviors and unconscious and automatic responses can be observed and changed and in turn change our lives in meaningful ways.

Radical Men: Simple Practices for Breaking the Myth of Masculinity

David Franklin, Fri. July 18, 7-8:30 pm, \$12
Join David Franklin as he discusses new perspectives that shatter current stereotypes of masculinity and support men in discovering who they are and how to live from their core in order to experience a deep sense of purpose, meaning, and connection. DavidFranklin.net

Radical Men Workshop: Sex, Relationships and Mindfulness

David Franklin, Sat. July 19, 1-4 pm, \$30
Many men experience a "constant craving" for sex and relationship that leaves them perpetuating feelings of shame and insecurity, looking to relationships for approval and fulfillment, and feeling disconnected from themselves and their personal power. In this experiential afternoon, we'll learn presence-based mindfulness practices to unearth your true essence and cultivate a relationship with yourself. DavidFranklin.net

The Afterlife Interviews: Find Out What Life is Like on the Other Side

Jeffrey Marks, Sat. July 19, 7-8:30 pm, \$15
What is life really like on the Other Side? Join award-winning author and medium Jeffrey A. Marks as he relates his Q & A gathered from research mediumship sessions with departed loved ones as they tell about what is waiting for us when our life on earth is over. SpiritualExploration.com

Everyday Oracles: Tapping into Intuition Through the Mundane

Lacey Sparkle Lee, Sun. July 20, 1-3 pm, \$15
Delve into your own intuition, learn to recognize your spirit guides vs. ego and develop clarity on how to read your own cards. We will explore avenues for tapping into our own intuitive nature, talk about "everyday oracles" (the way spirit will show itself through the mundane) and discuss ways we have encountered our intuition. SparkleMovement.com

Riding the Sacred Sound Current

Solala Towler, Sun. July 20, 5-5:30 pm, \$25
By utilizing the power of Daoist breathwork, meditation and group chant we will enter the world of Sound Healing. Combining movement with sound and visualization we will raise and circulate Qi in our bodies, psyches and spirit. By working with the Daoist five healing tones we will tonify and balance our five major organ systems. Abodeto.com

How to Heal Mother Earth

Terry McGill, Wed. July 23, 7-8:30 pm, \$15
Learn ancient wisdom and practical techniques you can use every day with Nature. Help heal plants, trees, streams, rivers and lakes, forests and all creatures great and small. These practices will bring you into alignment with Mother. Receive a reading about your greatest gift that you can offer to the planet — and receive a transmission to boost that ability. WillHealMyself.com

Be Nobody: Liberating Ourselves From Specialness

Lama Marut, Thurs. July 24, 7-8:30 pm, \$12
What would it be like to put aside our obsessive need to be someone, our constant desire to be the best, and simply be nobody? Wouldn't it feel amazing? Liberating? Life-changing? Lama Marut, in his book, *Be Nobody*, challenges us all to try. Making a choice to be nobody allows us to stop competing and embrace who we really are.

Mystic Codes in Mayan Language

Humbatz Men, Fri. July 25, 7-8:30 pm, \$15
Mayan language contains mystic codes. The vibratory sounds of Mayan words have the power to activate energy and to manifest; they are bija sounds like Sanskrit. Sacred sounds, hand gestures and postures are part of Mayan language. Experience the power of these sounds, gestures and poses to transform consciousness and discover hidden Maya wisdom.

Hidden Messages in Codes of Mayan Glyphs

Humbatz Men, Sat. July 26, 1-5 pm, \$50
Mayan glyphs contain hidden messages encoding cosmologic laws. These complex hieroglyphs were carved in stone and painted in codices. To understand these messages, you must attune to the Mayan Consciousness. In this workshop Humbatz Men uses a real Maya Codex to reveal mystic codes that can take you into higher dimensions of Maya wisdom.

Karmic Relationships: So We Meet Again!

Lauren Balin, Sat. July 26, 6:30-8:30 pm, \$20
You've had that feeling when you just know you've met a person before... well, you have. Karmic relationships can be with our mate, friends, business partners or someone you just met in Starbucks. Discover how and why this happens. You'll learn what the 5 archetypal karmic relationships are, why you have them, if you're in one, and most importantly what the next evolutionary steps are when you find yourself in one. IntentionalAstrology.net

The Magic of Believing in Yourself

Dr. Pamela Sky Jeanne, Sun. July 27, 1-4 pm, \$30
Believe in yourself — so easy to say, not so easy to do! This program will show you how to achieve a new level of self-confidence and self-esteem. Learn how to "weed out" the beliefs of not being talented enough, smart enough, or good enough, to achieve what you want in life. Learn how to develop a stronger connection to your inner Guidance. There is within you untapped potential, just waiting to be called out. DrPamelaJeanne.com

Cord-Cutting: Defining Healthy Boundaries with Difficult People

Jai Medina, Sun. July 27, 5-7:30 pm, \$25
Have you ever struggled with dysfunctional, co-dependent, or difficult relationships? Find yourself getting pulled into other people's drama, or thinking about someone and their problems a lot? These ties can drain our energy and prevent us from moving forward with healthier relationships. Learn to energetically cut the cords that no longer serve you, and how to set clear boundaries with challenging individuals. JaiMedina.com

The Daring Way: Learning to Live A Fuller, More Authentic Life

Gina Senarighi, MFT, Wed. July 30, 7-8:30 pm, \$12
Courage, compassion, connection. What do these three qualities have in common? Those that express these qualities fully embrace their vulnerability and tenderness with a willingness to be fully authentic. Tonight, Gina Senarighi presents an overview of "The Daring Way," based on the work of Dr. Brené Brown and is designed to help participants let go of fear and shame forever! AmplifyHappinessNow.com

August Events

Adventures with Greening Man: Lessons of Renewal and Reinvigoration

James Wanless, Fri. Aug. 1, 7-8:30 pm, \$15
The Green Man of myth and legend is a symbol of fertility and rebirth. He reminds us that man and nature are one and not separate. He represents the ever-present ability of life and nature to renew and sustain itself. James Wanless teaches you how to reinvent, rebound and restart your life from the lessons he learned from the Green Man, himself. VoyagerTart.com

You don't need to be someone else; you're already a wonder of life.

— Thich Nhat Hanh

Events to Enlighten, Educate and Entertain

For full event descriptions and to register go to
newrenbooks.com or call (503) 224-4929.

August Events (continued)

Millennials Connect, Ground and Clear: Basic Energy Tool Kit Just for Teens and Young Adults

Lori Seeborg and Elena Mark, Sat. Aug. 2, 11 am-1 pm, \$20
For the Highly Sensitive Young Adult, this class provides you the needed basic tools to maintain your energy field so you can thrive. You will learn several ways to ground and connect to the earth, the earth grid and source energy. We will also introduce you to crystals as partners in your awareness journey.

Resonate with Inspiration: An Interactive Workshop

David Eby, Sat. Aug. 2, 2-5 pm, \$30
Inspiration is the key to creating a successful and meaningful life—it is the indispensable inner presence that fuels us in everything we undertake. We'll learn to quiet the mind, open the heart, attune ourselves to the rising wave of energy, and sustain the presence into other daily activities. This 4-step process connects you to your source, amplifying your inner experience.

Whose Death Is It Anyway? A Hospice Nurse Remembers

Sharon White, RN, Sat. Aug. 2, 7-8:30 pm, \$12
"Responses to death and the death of a loved one are as different as our individual personalities." Tonight, Hospice Nurse Sharon White shares the stories born of the wisdom of her many years spent at the bedside of the brave souls nearing the end of their life. These stories provide a perspective of death and dying to comfort, educate, and even normalize the hospice and the dying process using the words and experiences of the dying person and the brave families supporting them.

After-Death Communication in Dreams
Gillian Holoway, Ph.D., Sun. Aug. 3, 11 am-1 pm, \$20
Do you dream of a loved one or wish that you could? Dreams of the departed have a feeling of reality and importance like nothing else. Learn what hallmarks define these communications, how to invite them and embrace their healing messages. Learn of people who have healed addictions, avoided divorce, found love and come into money, all from the messages from the other side.

Access Your Radiance: At Midlife and Beyond

Sarah O'Leary, Sun. Aug. 3, 2-5 pm, \$30
When we were barraged with a media blitz of negative messaging about aging, we often felt anything but radiant as the years slip by. Yet, the midlife passage is a portal to a potent and transformative power. In this workshop we will delve into this power that is available to us in the wisdom years, a force that can shift us out of entrenched stuck patterns. HolisticHotSauce.com

Drop-In Meditation

Ean McClane, Wed. Aug. 6, 13, 20, 27, 5:30-6:30 pm, FREE!

Group meditation always helps you to go deeper! Drop by after work and enjoy a quiet session of peace with like-minded people. Bring your pillow, bench, shawl or other meditation supplies. EanMcClane.com

Drop-In Kirtan

John Gladen, Thurs. Aug. 7, 6:30-8 pm, FREE!
Kirtan devotional chanting will lift your vibration and attune your heart to the frequency of the Divine. Come join John Gladen, on classical guitar; to uplift your Spirit and expand your Soul.

Karma, Reincarnation and Astrology

Judith Hill, Fri. Aug. 8, 7-8:30 pm, \$20
Do past lives reflect in our astrological birth charts? How specifically? Reincarnational theory suggests that we are responsible for the planetary patterns we were born under. Explore the five types of karma and the issue of destiny versus free will as it pertains to the astrological birth map. Learn how your chart describes the aversions, talents, strengths and weaknesses you came in with and how these are described rather than caused by planetary birth patterns. JudithHillAstrology.com

A Midsummer Night's Dreaming: Creative Ways of Exploring and Understanding Your Dreams

Jennifer Wohl, MA, LPC, Sat. Aug. 9, 4-6 pm, \$20
We all dream but very few of us know how to make sense of the symbols and images that we experience. As it says in the Talmud: "A dream not understood is like a letter unopened." In this 2-hour workshop, you will learn a step-by-step process of personal dream analysis, how to read the metaphorical language of the unconscious and gain insight into your own life. JenniferWohl.com

One with the Sofa: A Taoist Guide for the Physically Challenged

Skyler Darshini Freimann, Sat. Aug. 9, 7-8:30 pm, \$12
Physical suffering can be the most demanding and demanding of spiritual paths but its wonders are fierce and its consummate teachings profound. In her new book, *One with the Sofa, a Taoist Guide for the Physically Challenged*, Skyler Darshini Freimann opens the door to those with disabling conditions who prefer the way of transformation to victimhood.

Honoring the Spiritual Journey Through Writing and Art

Mica Coffin, Sun. Aug. 10, 11 am-3 pm, \$50 (basic materials included)
Children are often told what to believe about God. As we grow, we search other paths and our own hearts, discard what doesn't fit for us, and integrate what does. We will use journaling techniques to explore what that spiritual journey has been and where you find yourself now. We will then use a variety of materials to honor that journey by making an assemblage, collage, portable altar, or shrine.

Full Moon Drumming Circle: For Peace and Healing

Connie Hill, Sun. Aug. 10, 5:30-7 pm, \$13
Drumming and rattling help clear and shift energy, help release what is no longer needed in our physical, mental, emotional, and spiritual bodies, and help us manifest new energy in our lives. We will clear our personal energy and then focus on how to replace what was released. GPNite.com

Knights, Dragons, Wizards and Swords: Awakening From the Spell of Unworthiness

Chris Davis, Fri. Aug. 15, 7-8:30 pm, \$15
A survivor of childhood abuse, Chris was raised to believe she had little importance and was undeserving of the love and joy the Universe was offering. It was time for the spell to be broken. A sword named Clarity stood in a stone by a misty river, ready to return to the author's hand. Thus began an awe-inspiring two-year journey of faith that led to the writing of the author's sixth book, *Breathing Fire*. LightHeartedPress.com

Opening Your Channel: Connecting with Your Spirit Guides

Diana Byrnes, Sat. Aug. 16, 11 am-1 pm, \$20
Diana has been channeling Spirit Guides, Master Teachers, and Angels for many years. Spirit is wanting to make connections, we just need to open a receptive channel. We will learn to open our own channels, make connections using guided visualization, writing and moments of silence as we practice together. Dianabyrnes.com

Events & Readers continued on next page.

The wind and I could come by and carry you the last part of your journey, if you became light enough, by just letting go of a few more things you are clinging to...that still believe in gravity.

—Hafiz

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July–August Readers

Jane Roberts, Life Purpose Hand Analysis Readings

July 1, 17, Aug. 3, 21, \$110/hr. or \$65/half hr.
Your formula for personal and professional fulfillment is written on your body in the form of your unchangeable fingerprints. If you have the courage to discover the answer to the question "Who am I?" once and for all, come discover how your life is literally in your very own hands. Certified Hand Analyst, Jane Roberts, can guide you on your journey.

Theresa Carmody, Sacred Circle Tarot and Relationship Readings

July 1, 12, 22, Aug. 12, 20, 31, \$125/hr. or \$65/half hr.
Theresa has the ability to see into the realms of potential and discern information that assists you on your life path. To help with relationship questions, Theresa sees patterns of connection and ways to alter those patterns to create greater peace and harmony. TheresaCarmody.com

Raina Rowland, Cards of Destiny Readings

July 2, 17, 26, Aug. 8, 15, 28, \$110/hr. or \$60/half hr.
The Destiny Cards are a mystical science hidden in what looks like an ordinary deck of playing cards. Learn your magical birth cards; your soul's identity in this current lifetime. In a session with Raina the Destiny Cards reveal past, present and future information about your life, including love, finances, work and health. MagiCardsOfDestiny.com

Jo Garceau, Shamanic Astrology Readings

July 2, 9, 22, Aug. 20, 27, \$150/90 min., \$115/hr. or \$65/half hr.
Shamanic Astrology is based on the idea of "as above, so below, as within, so without." Thus, during your reading we will utilize archetypal imagery to look at what you brought into life, your current gifts and challenges, your life intent/purpose and what's keeping you from it. KnowingWoman.com

Judith Hill, Astrological Readings

July 3, Aug. 7, \$160/hr. (includes 2 hours of prep time)
Judith Hill is a master astrologer and an internationally recognized researcher, award-winning author of seven books and an expert in vocational, natal, spiritual, and transit astrology. Her readings are practical and include a beautiful, hand drawn copy of your birth chart. Bring a tape or purchase one from NRB. Cancellation deadline is 7 days. If clients miss or cannot attend their reading, a taped reading will be provided anyway! JudithHillAstrology.com

Carin Psychic Readings

July 5, 10, 12, 24, 26, 31, Aug. 9, 14, 16, 28, 30, \$111/hr. or \$60/half hr.
A reading with psychic clair-cognitive, Carin Kvinge, is always compassionate and upbeat. She'll connect with your guides and hers to help you answer your deepest questions. PsychicCarin.com

Kelly Davidson, Astrological Consultations

July 6, 10, 23, 24, Aug. 6, 14, 19, 29, \$150/90 min., \$125/hr. or \$65/half hr.
Depending on the nature of your question, or particular challenge, Kelly will interpret the astrological influences currently affecting your life, show you how to recognize and utilize the opportunities that are coming your way, and align yourself with planetary influences.

Lauren Balin, Intentional Astrology

July 7, 30, \$150/90 min., \$125/hr. or \$65/half hr.
Intentional Astrology will help you discover and activate your deeper potential. A reading will provide you with a greater understanding of your unique nature and will help you make more empowered choices. IntentionalAstrology.net

Kelly LaRue, Psychic Intuitive and Energy Healing

July 5, 7, 9, 16, 21, Aug. 4, 18, 25, 26, \$90/hr. or \$45/half hr.
Kelly's readings are life affirming, uplifting and honest. He will help clarify life situations and explore areas of spiritual and emotional growth. Healing work is done on the subtle level both during and after the reading with permission. His guides come from the highest spiritual level and will speak to your guides to help identify emotional and spiritual blocks and help remove or weaken them.

Ralph Gardner, Intuitive Readings

July 8, 16, 20, Aug. 11, 18, 27, 100/hr. or \$60/half hr.
Ralph uses his gifts of clairvoyance and intuition to align with your Guidance providing images and messages offering clear, concise directions. He will engage with you a powerful clarity enabling you to move forward in your life's direction.

Luis Navarrete, Matrix Energetics Sessions

July 8, 15, 29, Aug. 5, 12, 19, \$90/hr. or \$45/half hr.
Matrix Energetics is a powerful consciousness technology using quantum physics to transform one's life, health, career, family and relationships. Instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels becomes easy and fun. Luis-Infinite-Universe.com

Lori Seeborg, Psychic Intuitive Coaching and Readings

July 11, 19, 23, Aug. 13, 30, \$125/hr. or \$65/half hr.
Lori's intuitive coaching empowers you towards a balanced perspective, self-clarity, and wisdom. A session with Lori provides you a safe, relaxing, and enjoyable space to release the struggles of life and bring you back to the peace of center.

Veronica Granett, Chakra Readings

July 11, 18, Aug. 26, \$110/hr. or \$60/half hr.
The chakras are energy centers located throughout our bodies that help regulate different aspects of our lives, such as survival, and the flow of love. Veronica reveals the unique way that you navigate your inner and outer worlds. Veronica focuses on helping you feel more comfortable and at peace with yourself and your life.

Linda Stirling, Intuitive and Past Life Readings

July 13, 18, 25, Aug. 8, 15, 17, \$125/hr. or \$70/half hr.
Linda has the ability to zero in on the core issues you need to resolve for wholeness and to quickly see one or more of your past lives. As a spiritual healer, she can help you resolve issues you may be carrying that affect your well-being or that need to be addressed for the elevation of your soul. YourLovingSpirit.com

Anna Abraham, Chakra, Tarot and Archangel Readings

July 14, 28, Aug. 11, 25, \$100/hr. or \$60/half hr.
Anna sees into the visionary portals of the chakras and offers transformational readings combining chakra visions, mystical insights of the Tarot and the light inspired guidance of the archangels to help you on your soul's journey. MasterEnergyHealer.com

Autumn Edwards, Energy Readings & Psychic Counseling Sessions

July 19, Aug. 9, 23, \$90/hr. or \$50/half hr.
Melding multiple traditions from shamanism to alchemy into a unique practice, Autumn Edwards uses an intuitive process to bring through universal energy for spiritual healing and psychic reading. AnahataMedicine.com

Paul Richard, Evolutionary Astrology with Tarot Readings

July 25, Aug. 16, 29, \$150/90 min., \$125/hr. or \$65/half hr.
Combining both astrology and tarot in his readings, Paul helps you to hear the deepest longings messages and wise guidance of your Soul as you face the challenges of the present and seek your highest good for the future. PaulRichard.com

Gabi Schoening, Intuitive Healings, Psychic Reading and Energy Work

July 29, 30, 31, Aug. 4, 5, 6, \$100/hr. or \$50/half hr.
Gabi Schoening is a Master Energy worker. Guided by her intuition and experience she will help you understand the patterns in your life and remove energetic blocks. Removing these blocks will encourage healing and wellness even at the quantum level. As a result you will feel a difference in your energy, emotions and approach to your life, relationships and health. DoortotheLight.com

August Events (continued)

Dancing with Your Dragons: Reclaiming the Passionate Life You Were Born to Live

Chris Davis, Sat. Aug. 16, 2-5 pm, \$30
Is there a dragon-rider living within you? Have you ever felt called to carry a sword? Author Chris Davis will share seven gifts—including her sword, Clarity—from her miraculous odyssey through the mythical kingdom of Camelot that led to the explosion of decades of unexpressed rage from childhood abuse. Learn how to honor where you are on your journey, the importance of asking for help when you need it, and the unimagined joy of surrendering to the unknown. A drawing will be held for a silver sword charm and chain. Lighthearted-Press.com

Venus Revolution: 12 Dimensions of the Sacred Feminine

Emily Trinkaus, Sun. Aug. 17, 11 am-1 pm, \$20
How can astrology inform our understanding and embodiment of the reemerging Sacred Feminine? Venus—goddess of love, beauty, eroticism and art—is the archetypal goddess, but her expression has been downplayed and diminished over the past few thousand years. We'll uncover ancient versions of Venus, and open to more liberated and multidimensional flavors of the feminine, via the 12 signs of the zodiac. VirgoMagic.com

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Special Guest Readers

Jeremiah Nadir, Astrological Psychic Intuitive

July 14, 15, 28, \$130/90 min., \$90/hr. or \$45/half hr.
Jeremiah comes from a long line of healers and clairvoyants. He is gifted with an innate ability to read your birth chart and to explore your place and purpose in this lifetime. He can assist in helping you to become aware of why obstacles present themselves and how you may be able to look at such situations differently. His approach is tailored to your needs and is always gentle and compassionate.

Lacey Sparkle Lee, Psychic Intuitive and Guide Cards Oracle

July 21, \$90/hr. or \$45/half hr.
Lacey Lee is a gifted intuitive with an ability to set you at ease. She uses a variety of mediums, but her most trusted oracle is her deck of Guide Cards. Lacey believes we are all guided by energetic forces and with the proper attention we can receive and download their information without interference. SparkleMovement.com

Aurora A, Energy Healing, Past Lives, Psychic Intuitive

July 27, Aug. 10, \$130/90 min., \$90/hr. or \$45/half hr.
Working with light beings, Aurora A helps clarify your purpose and potential for this incarnation. She answers personal questions, past lives, and helps you move forward. Aurora helps you raise your vibration and connect you with your guides. She also corrects and aligns your energy field for the new human consciousness. Aurora A is a highly sensitive intuitive and energy healer.

James Wanless, Voyager Tarot or Sustain Yourself Card Readings

Aug. 1, 2, 3, \$125/hr. or \$70/half hr.
James Wanless, the originator of the Voyager Tarot Deck and his NEW Sustain Yourself Cards, is back at NRB. Bring your questions and issues, and James will help point you in the right direction. This is a unique opportunity to work with a true master of tarot! VoyagerTarot.com

Katrina Wynne, M.A., Tarot Consulting, Dream Analysis, Lenormand Oracle

Aug. 21, 22, 23, 24, \$100/hr. or \$60/half hr.
Katrina combines over 40 years' experience with the Tarot and other metaphysical traditions with 25 years as a mental/spiritual health counselor to support your most wonderful life. With wisdom and compassion, she assists you in integrating the challenges and blessings from your session. TarotCounseling.org

Take It to the Next Step! Energy Tools for a Happier Life

Elena Mark, Sun. Aug. 17, 2-5 pm, \$30
The secrets to your next steps are contained in what is in your right now! Align your desires and life purpose by practicing some tips from the law of attraction every day as you craft a life that you want to live. Elena shares with you energy tools she uses to create the life she enjoys and some techniques to get you on track when life seems to not be bringing you what you want!

Receive a Reading of What You Can Do to Heal the Planet

Terry McGill, Wed. Aug. 20, 7-8:30 pm, \$15
Help heal plants, trees, streams, rivers and lakes, forests and all creatures great and small. Receive a reading about your greatest gift and receive a transmission to uncover and boost that ability. IWillHealMyself.com

The Art and Science of Publishing Your Own Book: What You Need to Know to Make Your Dream Come True!

Connie Hill, Fri. Aug. 22, 7-8:30 pm, \$15
Do you have a book you want to publish? Learn what you need to know about self-publishing before you hit that "publish" button. Connie will share with you what you need to do first decisions that need to be made, questions about DIY editing and how to find a good editor. Also, what a POD publisher can provide and what you can do yourself, what to do before and after publishing and so much more! Don't miss this event! GMIte.com

Today I open the door of my calmness and let the footsteps of Silence gently enter the temple of all my activities. I will perform all duties serenely, saturated with peace.

—Paramahansa Yogananda

Foot Reflexology for Couples, Partners and Friends!

Joe Shoemaker, Sat. Aug. 23, 11 am-1 pm, \$25
Our poor, neglected feet! Trapped inside shoes for most of their days, they never get the full attention they deserve. Reflexology is the answer! With a simple, yet specific touch routine, you can help ease your partner's pain, mood and more in minutes, just by working on their feet! World-motions.wordpress.com

Meditation for Beginners

Ean McClane, Sat. Aug. 23, 2-4 pm, \$20
Meditation practice is the foundation for a serious undertaking of any spiritual path. You will learn the basics of meditation practice with Ean McClane, New Renaissance's Wednesday night drop-in meditation teacher. EanMcClane.com

Sacred Journey of Your Soul: Through the Major Arcana of the Tarot

Katrina Wynne, Sat. Aug. 23, 6:30-8:30 pm, \$20
Are you seeking a profound and meaningful class on Tarot? In this popular class we explore the major arcana of the Tarot, which depicts The Hero's Journey, the archetypal journey we experience in life, as reflected by Joseph Campbell. Find out how this powerful tool reflects back to you who you are and your soul's purpose, greatest blessings and challenges. TarotCounseling.org

Detox Daily with Ease: Awaken Your Body's Intelligence to Let Go and Thrive

Susan Ashleigh Bass, Sun. Aug. 24, 2-4 pm, \$25
This workshop is designed to help you become unafraid of all that's toxic. Discover simple ways to eat, move, and transform whatever is imbalanced in your body, so you can shift the internal chemistry and thrive in a challenging environment. Susan Bass is a Digestion and Detox Specialist who works with people who want to support and heal their bodies naturally. TheArtOfDetox.com

NCX Wellness Night

The Singing Heart: An Active Exploration of Sound Healing
Lauri Shainsky, Tues. Aug. 26, 7-8:30 pm, \$12
Join Lauri Shainsky, shamanic sound healer, for an evening of experiential exploration of sound healing. Invite intentional, spirit-guided sound to infuse and flow through you. Allow sacred song and sound to reach into your heart and provide nourishment. Exchange intention and sound in a light-hearted circle. Break through limiting patterns to wellness. Learn daily techniques for self-healing. Your heart sings a new story—we listen, we give voice to it. ShamanicSoundHealing.com and NewConnection.net

Journey of Souls: What Animals Teach Us About Aging, Illness and Death

Lue Lupertz, Sat. Aug. 30, 2-5 pm, \$30
Explore the emotional impact on you as your pet approaches their golden years. Using animal communication, special meditations and shamanic journeying you will be able to connect more deeply with your pet to receive their spiritual messages. Bring a photo of your pet, a tea light with a holder and a journal to write in. PetsPointView.petsweb.com

September Events

NRB is open Labor Day, September 1

Drop-In Meditation

Ean McClane, Wed. Sept. 3, 10, 17, 5:30-6:30 pm, FREE!
Group meditation always helps you to go deeper! Drop by after work and enjoy a quiet session of peace with like-minded people. Bring your pillow, bench, shawl or other meditation supplies. EanMcClane.com

Drop-in Kirtan

John Gladen, Thurs. Sept. 4, 6:30-8 pm, FREE!
Kirtan devotional chanting will lift your vibration and attune your heart to the frequency of the Divine. Come join John Gladen, on classical guitar, to uplift your spirit and expand your soul.

Healing From Depression and Anxiety: A Body, Mind and Spirit Recovery Program

Douglas Bloch, Fri. Sept. 5, 7-8:30 pm, \$12
Learn tools and coping strategies to stabilize your mood, increase energy, and achieve a high degree of emotional well-being. This recovery program uses a holistic approach that combines physical self-care, mental-emotional self-care, social support, spiritual connection and lifestyle habits. This kind of social support has been shown to bring about healing from mood disorders. HealingFromDepression.com

StarScope by Emily Trinkaus



Emily Trinkaus

Full Speed Ahead

The first half of 2014 was flavored by momentum-slowing, inward-turning Mars retrograde, but the Year of the Horse finally picks up speed this summer. We'll emerge from Mars' retrograde shadow influence on July 21, and what's been brewing behind the scenes is now ready to take a great leap forward. How have your desires, passions, goals and priorities changed since last December? Where is your vital life force calling you now? Where are you challenged to take a courageous, strategic risk?

The other major planetary shift this summer is generous Jupiter's move from watery Cancer to fiery Leo on July 16. While Jupiter is in Leo for the next year (until Aug. 12, 2015), abundance, opportunities and blessings are most readily available when you follow your heart's passion and shine your creative light. Expand your capacity for celebration, individuality, open-heartedness, generosity and playfulness. Jupiter can devolve into excess, so watch out for the less conscious, shadowy potentials of Jupiter in Leo — pride, willfulness, childishness and melodrama.

Personal Sun and Ascendant Messages

Aries (March 21 - April 19)

Over the past year you've nurtured a new potential that now wants to be given form and shine in the spotlight. Jupiter's move into Leo provides plenty of creativity and confidence to bring your unique creations into the world. When you give your gifts with an open heart, for the purpose of magnifying everybody's light, you become irresistibly magnetic.

Taurus (April 20 - May 20)

To strengthen your foundation of trust and security, deepen your intuition and expand your psychic gifts. Stop looking outside yourself for truth or guidance, and drop into the unlimited wisdom that lives inside you. Where in your life are you looking outside yourself for answers? Try viewing your situation from a state of wonder, curiosity and innocence.

Gemini (May 21 - June 21)

Where in your life do your heart and mind feel out of alignment, and what steps can you take to come into integrity? When you think from and speak from your heart, you expand your reach and get your message out to a wider audience. Pay attention to the connections and communications that feel draining rather than enlivening. Don't let your powerful mind override your heart's wisdom and guidance.

Cancer (June 22 - July 22)

You're being called to confront your fears and insecurities and take the risk of stepping more expansively into your gifts and talents. Set your vision into motion, one step at a time, and trust that you'll be supported. In what areas of life are you not trusting that you'll experience abundance? Stand strongly in your own knowing — you can rely on your heart's wisdom as a resource for putting your talents and gifts into action.

Leo (July 23 - August 22)

Jupiter in your own sign inspires you to amplify your creative light and take a risk in an exciting new direction. Imagine you're starting anew with a clean slate, and detach from the attitudes and emotions that have obscured your vision and kept you from moving forward. Cultivating an attitude of innocence will help you overcome obstacles, resistance and limitations.

Virgo (August 23 - September 22)

What are you doing in your life that feels difficult and is not flowing with grace and ease? Take a look at which elements of your world genuinely bring a sense of deep fulfillment and purpose, and trust that you can release what's no longer aligned with your heart. Simplify your life, trusting your inner guidance for direction, and trusting that divine order is in action.

Libra (September 23 - October 23)

Your faith is the key to creating your heart-felt visions and goals. Have faith in yourself, your ideas and your ability to

create whatever you want to experience. Doubt and disbelief are the greatest blocks to realizing your ideal future. Where in your life have you lost touch with faith and trust? Get involved in a social cause you feel passionate about to restore your faith in humanity.

Scorpio (October 24 - November 22)

Action planet Mars — your traditional ruler — moves through your sign July 25-Sept. 13, enhancing your power, confidence and magnetism. After a period of self-doubt and confusion, your gut instincts are speaking more clearly than ever — listen to their message and take action. Meanwhile, lucky Jupiter graces your career sector, presenting opportunities to step into more creative, leadership and fun in your work life.

Sagittarius (November 23 - December 21)

Jupiter is your ruling planet, and its move into Leo heralds an emergence from the emotional depths of the underworld into your preferred realm of travel, truth-seeking and mind expansion. Release judgments of right or wrong and good or bad and re-awaken to innocence and wonder. Rise above fear and take courageous action based on trusting your inner wisdom.

Capricorn (December 22 - January 20)

This is a time for healing your heart of past wounds, to allow your sharp defensive edges to fall away. Where have you closed your heart to another person or situation? If you're in the market for a new mate, or for improving intimacy in an existing relationship, this next year is auspicious. Your undefended heart opens the door to magical, transformative opportunities.

Aquarius (January 21 - February 19)

Complete honesty, with yourself and others, is the best way forward. Tell yourself the truth about the current situation, and speak from your heart's deepest truth. Accept whatever is taking place in your life and in the lives of others and move beyond judgment. Simply offering your love and acceptance can transform a situation or relationship.

Pisces (February 20 - March 20)

Blessings abound when you focus in on the ordinary details of life. Make a practice of noticing the miraculous potential hidden in every moment, and take charge of infusing magic and joy into your everyday existence. What steps can you take, what shift of perspective can you employ, to turn your routines into rituals?

Emily Trinkaus has practiced astrology since 1999 and offers readings and Astro-BodyTalk sessions, her unique blending of astrology and energy work. Read her blog on current cosmic events at www.virginomagic.com, and find out about her full moon telecast at www.fullmoonpriestess.com.



Mark Dodich

AstroMark by Mark Dodich

Jupiter in Leo, Opening Hearts

Great news! The disruptive and constantly shifting planetary energy of the past six months is giving way to a positive and enthusiastic expansion. Many people felt a lack of happiness and/or boredom during the past several months.

Well, it is time for a change! Optimistic Jupiter journeys through heart-opening Leo for a full year beginning July 16. The god of thunder is a most generous helper, but you must take a risk to manifest your dreams. Leo requires that you step into leadership, so you can't wait for someone else to act. Take charge of your own life.

Leo stimulates your creative and playful nature to help you find, or remember, your passions. If the difficulties of the past few years buried your joy for life, this year-long adventure will bring your heart back to the surface — if you allow it.

Begin to make room for the fun side of life. Before you start to make excuses, remember that your spirit is birthed from the very core of creation. You have natural access to abundance in your life without having to do something to deserve it.

Before you say that that sounds nice, but your life is just too hard or too complicated, remember that this is an unlimited universe. Risk-taking Jupiter is just the planet to get you out of your stuck-in-a-box mindset.

Begin by setting your intent because Jupiter and the universe must know what you want to create before they can help you manifest it. Intent is more than writing a post-it note and sticking it on your refrigerator. You must take an action that puts your energy into the accomplishment of your goal.

The fire element signs of Aries, Leo and Sagittarius are going to love Jupiter in Leo. Their pioneering and creative nature gets kicked into high gear. People will either get on board with your creative ideals or they will drop away.

The air element signs of Gemini, Libra and Aquarius get to take their ideas to a much larger level. They can write their book, meet interesting new people and share progressive ideals with humanity.

The earth element people (Taurus, Virgo and Capricorn) manifest creative ideas in a way that works in the mundane world. Passion combines with practicality.

If there is a challenge to this positive shift, it is with the water element signs of Cancer, Scorpio and Pisces. It isn't that this

is bad, just a bit uncomfortable. People who are strong in these signs must find the proper balance of emotional support with risk taking. Share your creativity even though it makes you feel vulnerable.

Get a hint about what is coming by looking back to your life the last time Jupiter was in Leo for one year, starting in August 2002. There was an expansion in the sense of global community when numerous countries joined the European Union, Switzerland joined the United Nations, and there was a world gathering for sustainable development.

This warm-hearted energy picks up speed after restrictive Saturn ends its retrograde cycle on July 20. Saturn has been stuck in an emotional Scorpio swamp since early March. Scorpio's release and healing process is now ready to move forward, and that helps everyone feel like life is finally moving to a new level.

Think of this like coming into the home stretch of a long-distance race. Saturn has been restructuring your emotional, shadow-side core since October 2012. It now enters the final push until Saturn moves into Sagittarius at winter solstice. If you have undone emotional work to do, you had better get on it.

The final note on patient Saturn is that it aligns with impatient Mars on Aug. 25. This conflicting combination actually helps you prepare for autumn activities. You can put constructive effort into future plans now.

Lastly, and to end on a very positive note, love-and-money Venus aligns with lucky Jupiter on Aug. 16. Get out and play, buy a lottery ticket and fall in love. These two planets love to indulge in pleasure. What a perfect way to bring summer to an end.

Mark Dodich has been a professional astrologer and intuitive consultant since 1980. His specialties include natal astrology, Astrocartography® relocation maps and seven ray spiritual purpose astrology. He is leading a trip to sacred sites in the Greek islands in 2015. Receive his free AstroMark newsletter and download a free Basic Astrology Primer at www.astromark.com or call 503-252-1558.

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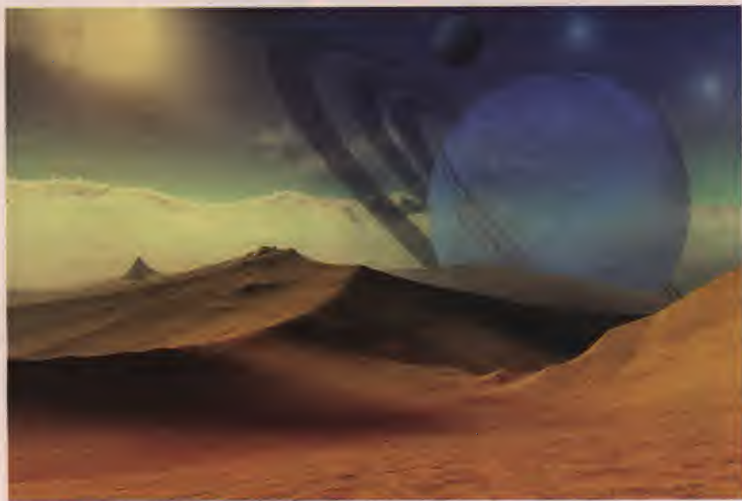
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Katherine Boyer, Author



The Science of Quantum Jumps

By Cynthia Sue Larson

If you want a quality, act as if you already had it," said American psychologist William James. The idea of a holographic multiverse provides a foundation for the science of "fake it 'til you make it" — providing a context in which sudden changes can be explained.

A strong indicator that our universe is one of many was found when examining background cosmic radiation generated by the Big Bang 13.8 billion years ago. Scientists

reviewing data from the European Space Agency's Planck telescope noted a significantly concentrated "cold spot" in the southern half of the sky on a cosmic gravity map.

Evidence of the existence of a multiverse was revealed for the first time by that cosmic map. Theoretical physicist Laura Mersini-Houghton from the University of North Carolina at Chapel Hill and Carnegie Mellon professor Richard



Holman were pleased to see evidence of anomalies they predicted, according to *The Mail* in 2013. Mersini-Houghton announced: "These anomalies were caused by other universes pulling on our universe as it formed during the Big Bang. They are the first hard evidence for the existence of other universes that we have seen."

Hints that our universe is not alone can also be found in the recent discovery of the surprisingly lightweight Higgs boson particle, according to *Scientific American* in 2013. The boson is at the heart of physicists' understanding of the universe, responsible for the mass in the atoms that make up galaxies, planets and people. The unexpectedly small mass of the Higgs boson supports the theory that ours is a highly improbable universe whose unlikelyness is balanced out by billions of possible universes in which such oddities can be statistically expected to occur somewhere, rather than living in a single symmetrical universe.

The science of quantum jumps indicates that in much the same way that quantum particles can blip into and out of material form, we too can literally jump from one parallel universe to another. In 2010, *Scientific American Mind* described how studies show that people who act as if they are in loving relationships can quickly develop genuine feelings of closeness for one another. Engaging in activities such as gazing into a partner's eyes, synchronizing breathing with a partner, or holding the palm of your hand close to another's without touching have been proven to increase closeness in both old and new relationships.

We can adopt qualities of people who have those qualities — such as the keen vision of airline pilots — by dressing and acting like them. In 2010, *PhysOrg* described how Harvard University researcher Ellen Langer found that people who dressed like airplane pilots and operated flight simulators scored 40 percent better on vision tests than study participants who sat in similar environments with "broken" simulators and did not wear pilot's uniforms.

Patients with osteoarthritis of the knee who received placebo (sham) surgery were as likely to report pain relief and improved functionality as those who received the genuine medical procedure, according to *The New England Journal of Medicine* in 2008. With placebo research programs forming at Harvard and other universities, there's tremendous interest in why sham surgeries, sugar pills and placebo assistance during multiple choice tests have such powerful positive effects.

Making the Jump

The key to making quantum jumps from one reality to another comes from gaining a sense of detachment through lucid dreaming or meditation, by which we view ourselves as existing as pure consciousness. From this vantage point we become aware of multitudes of possibilities. In one reality, we might adopt healthier daily diet and exercise habits. In another reality, we fearlessly explore our genuine interests. Making time to enjoy a blissful state of relaxed, energized mindfulness without envisioning anything in particular can bring powerful, positive effects.

When we identify with being pure consciousness, we can re-engage with a physical reality that is more to our liking. This process of disengaging and then re-engaging with a commitment to living in a more enjoyable reality is something akin to shifting gears on a car. Just as we disengage from first gear by putting our foot on the clutch pedal before re-engaging in second gear and pushing the gas pedal, so too must we first detach from the concerns of daily life before reattaching to a preferred possible reality.

There is a growing consensus among physicists that you and everything and everyone around you exists in a superposition of states, in which each of us exists simultaneously in many possible realities. New quantum computers can provide us with examples of everyday objects in our regular world depending on a brand new logic — in addition to the binary states of something being true or false, some things are true-and-false, and others are not-true-not-false. In the brave new world of quantum logic, Schrödinger's famous cat can be simultaneously both dead and alive.

Most importantly, no longer do physicists expect quantum behavior to stay on the quantum scale, and entire new branches of sciences now include quantum "weirdness." Researchers now study quantum astronomy, quantum biology, quantum chemistry and quantum statistics, among many other things.

In other words, what happens in the quantum realm doesn't stay in the quantum realm, and we have increasing evidence that our consciousness literally changes the physical world.

Cynthia Sue Larson is the author of *Quantum Jumps: An Extraordinary Science of Happiness and Prosperity*. Visit www.realityshifters.com.

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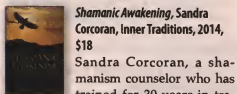
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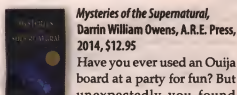
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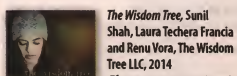
Shamanic Awakening. Sandra Corcoran, Inner Traditions, 2014, \$18
Sandra Corcoran, a shamanism counselor who has trained for 30 years in traditional and esoteric healing techniques, courageously shares her life journey from the darkness that enveloped her after the loss of her child to the weightlessness of just being. With an open heart and passionate storytelling, she shares how she was able to get up from being down to find something beautiful again to enrich her whole being and experience of life. On this journey she walks through the landscapes of metaphysics, shamanism, dream time, and other realms and layers of reality unseen to the naked human eye. This book is a beautiful example of a human being exploring herself—moving beyond comfort zones and old belief patterns to redefine herself and the reality she chooses to live in.

—Rasheda Nejad



Mysteries of the Supernatural. Darrin William Owens, A.R.E. Press, 2014, \$12.95
Have you ever used an Ouija board at a party for fun? But unexpectedly you found that strange messages came through board, making guests shriek and you quietly shore the freaky thing in the attic where no one can ever find it again. Author Darrin William Owens calls this kind of behavior just plain stupid—opening up the door to other realities in an ignorant and disrespectful way is like welcoming in the bogeyman for tea. Contacting beings from other realms is not something you do lightly or for fun. In *Mysteries of the Supernatural*, Owens shares his extensive experience with supernatural phenomenon, setting respectful guidelines for interacting with sentient beings from the other side. Filled with wild stories and a huge dose of humor, this entertaining gem provides a needed public service for understanding and interacting with the multiple realms that intersect our own.

—Vicky Thompson



The Wisdom Tree. Sunil Shah, Laura Tachera Francia and Renu Vora, The Wisdom Tree LLC, 2014
Chaos is a part of reality, while the appearance of order is an illusion created by the mind, viewers learn from the film *The Wisdom Tree*. This mystical adventure explores the mysterious world of quantum physics, entanglement theory, parallel universes, philosophy, art and creativity, and the illusion of time and death. Quantum physicist Steve Hamilton (Patrick Alparone) struggles to prove a groundbreaking theory that ended his mother's career when she proposed it years ago. Parallel universes collide when a mysterious car accident brings Steve together with neuroscientist Dr. Trisha Rao (Sheetal Sheth) and FBI Agent Mike Parker (Eric Holter). Together they discover the true nature of reality. The film focuses on the philosophical nature of existence, as

one neuroscientist says, "I don't know who I am. I am neither dead nor alive." This thought-provoking film takes you on a transformative journey, pushing you to explore the nature of existence and reality.

—Vicky Thompson



Born to Receive. Amanda Owen, Penguin Group, 2014, \$15.95
Many women today still live in a culture that places value on what they do for other people, pleasing others and denying their own needs. Despite many forward steps toward equality, many women are still faced with a lack of balance between giving and receiving. Our culture expects women to nurture others while still looking great and taking care of multiple tasks, singlehandedly. Often this causes women to be overly dependent on the approval of others. *Born to Receive* offers a blueprint for women to use their feminine receptive power, which Owen says is a woman's birthright, to find a better balance between what women give to the world and what they receive, with a goal of becoming whole balanced individuals. If you are a doer, this book is for you.

—Kristy Musalo



Mothering from Your Center. Tami Lynn Kent, Beyond Words, 2013, \$16.99
Tami Lynn Kent is a holistic women's healthcare provider who guides women in interpreting the wisdom of their bodies. With the ability to read energetic patterns of the body, she serves as a bridge between modern medicine and traditional women's wisdom. Becoming a mother means so much more than just the physical aspects of a baby growing and birthing. Moving beyond other books, Kent covers the deep emotional transformation of motherhood. Exercises and meditations further enhance the pearls of wisdom gleaned from working with so many women. This useful gem help guides women through the emotional, energetic and physical transformations from conception to motherhood.

—Alice R. Berntson



A Practical Heathen's Guide to Asatru. Patricia M. Lafayette, Llewellyn Publications, 2013, \$16.99
As the recent movie *Thor: The Dark World* has shown, the gods and goddesses of Asgard are quite popular. But what does it mean to be a modern day follower and practitioner of the ways of the Aesir and Vanir? This comprehensive yet easy to understand guide provides answers that heathens of all experience levels can use and appreciate. Written by a certified Godwoman and heathen of 17 years, the book begins with an introduction to the meaning of Heathenry and Asatru—those who are "true or faithful to the gods and goddesses." This is done by reading, interpreting and practicing the faith of the pre-Christian Europeans—the English, Icelandic, Norwegian and Germans—whose stories Thor and his kindred are based upon.

—Mary French

Becoming a Wild Scientist

In *Plant Intelligence and the Imaginal Realm*, author Stephen Harrod Buhner reveals that all life forms on Earth possess intelligence, language, a sense of self and not I and the capacity to dream. By consciously opening the doors of perception, we can reconnect with the living intelligences in nature as kindred beings, and once again become wild scientists.

Q. Do all life forms on Earth possess intelligence and the ability to communicate?

A. All biological organisms self-organize, what Lynn Margulis called autopoiesis, or self-making. During spontaneous self-organization, a neural network forms in all biological organisms. To maintain that self-organization they develop a sense of me and not-me, the ability to analyze incoming data, to determine its nature and intent, and how to actively respond in order to keep self-organization intact. This is intelligence by any common definition. Studies of bacteria, plants and other self-organized biological systems has found that they are all highly intelligent, possess language, tool making and use, and the ability to communicate.

Q. How can you connect and interact with living intelligences, and explore the natural world as a wild scientist?

A. It involves the unlearning of a great deal of what we have been taught about the world, specifically that there is nothing out there. The experience that we are companioned by intelligent, self-aware organisms who also have the capacity to communicate, and enjoy doing so, is alien to us. It takes the abandonment of that reductive orientation and the willingness to develop what the Kalahari bushmen call "a library of feelings," or as James Hillman put it, the response of the heart to what is

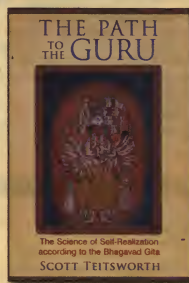
presented to the senses. Dog lovers know that dogs communicate and it is our feeling sense that allows that contact. Once we extend that further outward into the wildness of the world, we begin to find that all life forms respond, each in their own way to that touch. Most real scientists, such as Barbara McClintock, who won the Nobel Prize for her work with corn transposons, were clear that this is in fact the root of their work. As McClintock noted, "You must have a feeling for the organism."

Q. Are invasive plants, super-bacteria and environmentally destructive human beings dangerous to the well-being of Gaia and the Earth?

A. Hardly. Such events have grave repercussions for our civilization but the Earth itself is not in danger. Invasive plants are in fact ecological movements over long timelines that are occurring in response to environmental damage. Drug-resistant bacteria are a response to the tremendous overuse of antibiotics, an overuse which is destabilizing the underpinnings of the current ecological expression of the planet. It is a response from highly intelligent organisms to our "war" on disease. And the human assaults on the ecological integrity of the planet? They are an aspect of a much larger scenario. To understand that, we must ask ourselves, "What is the ecological function of the human species?" Gaia, a superorganism 3.5 billion years old, does not make mistakes. No organism is expressed out of the ecological background of the planet except to fulfill specific functions. We have been asking the wrong questions, using a much too short view of life.

—Vicky Thompson

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SCOTT TEITSWORTH

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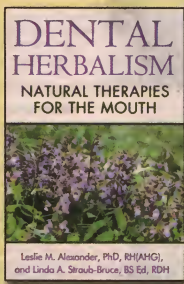
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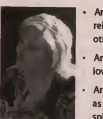
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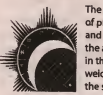
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NEW CONNEXION

Natural Building: Simple Living in Balance with Nature and Spirit

By Pablo Loayza

Natural building is easy in concept: use available resources from the land to design a home that harnesses the sun's heat in the winter and provides protection from the sun in the summer. Most importantly, build the home to be your temple, in balance with nature, connected to the earth and to house your inner spirit.

The energy derived from building naturally with intention cannot be put into words, it can only be experienced. Natural building develops community by gathering people to work together, creating a shelter that is healing to the mind, the body and the spirit.

Natural building is one of the oldest ways of building, at one point the only way of building. Derived from the observation of nature and wildlife, we learned how to shelter ourselves by using natural materials found on the land. Some of the oldest buildings known to humanity are made from natural materials and more than one-third of the world's population lives in earthen dwellings. Only in the last 200 years has natural building taken a back seat to what we now know as conventional building.

Conventional vs. Natural

Conventional building and natural building are fundamentally different. Conventional construction primarily uses manufactured, standardized building materials. Natural building materials include stone, earth, clay, sand, straw, wood and water generally found on-site or nearby. Purchasing is limited, and most doors, windows and fixtures can be created from salvaged materials.

Today there is a growing awareness of the impact our building methods have on the earth. Construction waste accounts for approximately 40 percent of all municipal waste disposed of in the country. The green building industry is trying to offer healthier alternatives to conventional building. Green materials decrease the destruction of the earth's natural resources yet they are often cost prohibitive or miss the point with the need to ship materials long distances.

Due to the 2010 City of Portland waiver of system development charges, which reduced the cost of building permits for accessory dwelling units (ADUs) by up to \$11,000, Portland has seen a six-fold rise in the number of ADUs. Many homeowners in Portland are now working with and learning about cob and other types of natural building, making these costs even lower.

The word cob comes from old English meaning a lump or rounded mass. Cob building uses hands and feet to form lumps of earth mixed with sand and straw. Cob is easy to learn and inexpensive to build and lends itself to organic shapes: curved walls, arches and niches. Earth homes are cool in summer, warm in winter. Cob is resistant to rain and cold, making it ideally suited to climates like the Pacific Northwest.

With recent rises in the price of lumber and increasing interest in natural and environmentally safe building practices, natural building is enjoying a renaissance. This ancient technology doesn't contribute to deforestation, pollution or mining

nor depend on manufactured materials or power tools. Earth is nontoxic and completely recyclable and can be constructed into creative forms with building techniques and methods that unify and harmonize architecture and landscape. With current issues of environmental degradation, dwindling natural resources and chemical toxins hidden in our homes, many are returning to nature's most abundant, cheap and healthy building material — earth.

Building with earth encourages you to fully reevaluate how a living space should feel. Our eyes are opened to the beauty of a wall covered with clay plaster, alive with subtle variations of texture, color and light. Cob and straw-bale walls impart solidity and shelter in a profound way. Structures and surfaces built by hand convey that they were built by people, for people, thus creating a nurturing experience for the sheltered.

Pablo Loayza and his wife Lauren are the designers, builders and directors of the Natural Living School at Ananda Village in Nevada City, Calif. Visit www.naturalivingschool.com. He presents natural building workshops on July 25-27 or July 25-30 at Ananda Center at Laurelwood in Gaston, Ore. Visit www.anandal Laurelwood.org.

Digestive Intelligence, from page 1

They form a group of essential substances ensuring correct communication between the neurons and the body's warning system. They represent the "words" in the neuronal language. The presence of such a wide variety of neurotransmitters in our intestines is a clear indication of the complexity of the rich digestive language and its ability to carry out neuronal functions and express its own emotions.

Gershon revealed that 90 percent of serotonin (the famous "happiness" or "feel-good" hormone) is produced and stored in the intestinal walls, where it regulates peristaltic movements and sensory transmission. Only the remaining 10 percent of the body's serotonin is synthesized in the neurons of the central nervous system — the brain, or our "higher brain." The minimum amount of serotonin in the higher brain is, nevertheless, of vital importance for human beings. It performs various functions, including regulating our mood (the calm "feel-good" sensation), appetite, sleep and muscular contractions, and it intervenes in cognitive functions such as memory and learning. Serotonin is the "messenger of happiness," and thanks to it the neurons can communicate with each other, releasing it and capturing it again as needed.

Before this revelation, the scientific world did not pay much attention to this aspect of the intestines and did not appreciate the nerve network that runs through them. The general view was that the decisions made by the higher brain were dominant and that its influence on the digestive system was one way; that is, the process was directed downward from the central nervous system. The scientific observations made by Gershon, however, now lead us to think that influence travels in both directions — that there is constant communication between the two brains: the one inside our skull and its brother down there in our gut.

Two-Way Emotional Influence

I can assure you that the relationship between the two brains, which involves hormonal, metabolic and emotional levels, is very complex — we could even call it "intellectual" — it is also normally quite democratic and mutually respectful.

Like a good twin, the intestinal brain shares, takes responsibility for, and assimilates the emotions and problems its higher brother generates, and records in the memory of our entrails those emotional events that have the strongest impact.

Here are some examples of how the upper brain influences our digestion and how our digestive behavior affects our thoughts and moods:

- A very tense emotional situation, or a state of terror or a traumatic event may make you vomit, or else provoke diarrhea or cause total indigestion.
- A bout of diarrhea with episodes of colic and spasms (which may be the flaring-up of irritable bowel condition or gastroenteritis) prevents you from thinking clearly. It's as if your irritability and sensitivity are turned up to maximum volume and you feel overcome by tiredness and exhaustion. This makes you bad-tempered and lowers your level of intellectual productivity.
- Constipation accompanied by bloating makes you feel that your life is "weighing you down" with its problems (and your stomach feels the same) and you

lose all interest in social and physical activities.

- Some people suppress their emotions and they are unable to express themselves; they do not know how to show affection and so they often experience an internal rebellion: episodes of profuse diarrhea, an irritable bowel and oversensitized digestion.
- A good bowel movement in the morning, which leaves you feeling pleasantly light and clean, is a very good way to start the day. It puts you in a good mood, makes you feel full of energy and everything looks positive. I'm sure you agree.

Our two brains are both masters. They engage, talk, sabotage or reinforce each other. It depends on the day and the emotional and digestive situation.

Hidden Potential of Your Gut

It has been shown that the digestive system has tremendous neurological and hormonal potential. This is why scientists and the pharmaceutical industry are currently devoting so much of their research and testing to neurogastroenterology.

The psychopharmacological medications prescribed on a massive scale for depression belong to the group of drugs called selective serotonin reuptake inhibitors (SSRIs). These drugs facilitate neuronal communication by prolonging the active presence of serotonin in the space between two neurons (the synapse or synaptic gap) before it is recaptured by the receptors. Such drugs have an effect on only 10 percent of cerebral serotonin — that which passes across the synaptic gap — and they are said to improve the patient's mood and control depression.

Our gut brain produces a sea of serotonin — the remaining 90 percent of this hormone associated with happiness and well-being. The question is, therefore: How can we take advantage of this valuable resource and make the best use of it for mental and digestive health? This is a challenging task for researchers.

In addition, scientists have made the surprising finding that the gut is also a rich source of endogenous benzodiazepines, which are the active ingredient in anxiolytic drugs (tranquilizers). These are the drugs prescribed to help us sleep, overcome stress, reduce anxiety or treat phobias. This raises the intriguing question: What if we could activate our own resources and somehow release digestive anxiolytics for our own psychoemotional needs? Nothing is impossible; we have all the solutions inside ourselves.

Have you noticed that a baby's tummy is particularly sensitive? When the mother or father massages it gently, the baby's digestion and problems with gas improve — the child calms down, stops crying and goes to sleep more quickly. This effect is similar to that of endogenous benzodiazepines (produced inside the body) but is induced naturally.

As adults we don't seem to find the time to love our intestines. We are just not used to massaging them or indulging in professional massages, and/or doing exercises to relax our abdomens. We shouldn't forget that the gentle therapeutic touch of hands always has a calming, relaxing effect and can sometimes even be curative.

The famous phrase is "I think, therefore I am." To this we would now have to add "... if my gut lets me."

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We're All Equal, from page 1



inside dying definitions, these Christians assume that not to agree with them places their critics on the side of immorality and moral anarchy.

New Acceptance

The emerging new consciousness, on the other hand, rejects every part of that definition. It asserts that homosexual people are neither morally depraved nor mentally sick, since one's sexual orientation is not a choice, but something to which one awakens. It is like the dawning realization that one is male or female, part of a particular race or nation or even right- or left-handed. A just and moral society cannot be erected on a premise that some human beings are subhuman or perverted, not on the basis of their doing but on the basis of their being.

The church has claimed that homosexuality is "unnatural" or "a deviation." Homosexuality has been identified as present in the world of higher mammals. It also appears to be a stable and unchanging percentage of the human race at all times and in all places. These data suggest that homosexuality is not unnatural at all but is a minority aspect of the created order that appears quite normally in all higher forms of life.

It matters not what any source of ancient wisdom has previously declared. The Bible, for example, was once quoted to support slavery, to oppose science and to prevent women from achieving equality. On every one of those issues the Bible was quite simply wrong. To quote it now to uphold the evil of homophobia is no less wrong. These efforts will fail as they always do. The ultimate tragedy is, however, that some church leaders, ever on the wrong side of great moral questions of history, never seem to learn history's lesson that any prejudice once publicly challenged by a new consciousness is doomed.

The leaders of the mainline churches, aware of the new consciousness, pretend that some compromise is possible. They seek to protect unity by attempting to civilize the debate until a new consensus ar-

rises. They count "the unity of the church" as a worthy goal even as that forced unity violates that institution's integrity.

Can you imagine that part of the church that said no to slavery being asked to apologize for upsetting the consciences of the slaveholders? Can you imagine church leaders saying to slaveholders, "We will not challenge the morality of your decisions about slaves because we would rather keep our faith community united?" Can you imagine coddling slaveholders so that they will not separate themselves in schism from the church? Can anyone imagine any slave-holding church claiming to be the body of Christ?

Yet if you substitute the word homosexuality for the word slavery, that is what is present today in the mainline churches. If homosexuality is a given not a chosen way of life, the continued violation of gay and lesbian people, in order to preserve unity with the church's homophobic constituency, is simply immoral. Not to bear corporate witness to those who still languish in the dying definitions of the past is to turn one's back on the very meaning of the Christ. Do we imagine that Jesus' invitation was, "Come unto me, some of ye," instead of "Come unto me, all ye?"

Slavery could not be compromised in the 19th century because slavery was finally understood as a moral issue. Homosexuality cannot be compromised in the 21st century because it too is a moral issue. To the threats of parts of the Christian church to leave if homosexual people are welcomed fully without any distinction, the body of Christ must be prepared to say, "That is your choice but we do not compromise truth to comfort you in your prejudice. The church's doors will be open when your consciousness is finally formed and you decide to return, but we will not reject homosexuals now to avoid offending you."

If the essence of our Christ is summed up in words that John's gospel attributes to him, "I have come that they may have life and have it abundantly," then the choice is clear. Homophobia diminishes life — it does not make it more abundant. It must be ended — it cannot be tolerated even by making it kinder and gentler.

Bishop John Shelby Spong was bishop of the Episcopal Diocese of Newark for 24 years before his retirement in 2001. His admirers acclaim him as a teaching bishop who makes contemporary theology accessible to the ordinary layperson. Visit www.johnshelbyspong.com. Republished with permission by Progressive Christianity at www.progressivechristianity.org. See Bishop Spong on Sept. 10 at the New Thought Center for Spiritual Living in Lake Oswego. Details at www.newthoughtsl.org.

Same-Sex Marriage, from page 1



Rev. David Alexander (right) marries Laurel Gregory (center) and her partner of nine years, Shilpi Banerjee, as Gregory's 16-year-old daughter, Luci Olson (left) shares in the joyful day.

bian, gay, bisexual, transgender and queer (LGBTQ) community.

Love Wins

It was a moving day for Rev. David Alexander, who had the privilege of marrying two of his own congregants from the New Thought Center for Spiritual Living in Lake Oswego. Laurel Gregory and her partner of nine years, Shilpi Banerjee, a 42-year-old audiologist, officially tied the knot as Gregory's 16-year-old daughter, Luci Olson, stood beside the couple during the ceremony.

"Although we had a commitment ceremony five years ago, this was different," said Gregory, a 51-year-old life and career coach. "Perhaps it is the feeling that our love really is equally as important as anyone else's love. That we are worth the same as any other couple. On a more tangible level, our family is equal to any other family — with the same rights and privileges as other families."

For Alexander, a senior minister who serves as chair of the CWC, the overturning of the ban on same-sex marriage was both an issue of social justice and of love. According to New Thought church beliefs, homosexuality is a natural expression of the infinite nature of spirit.

"The right to choose who we love and build a life with is a fundamental civil right," said Alexander, who has been involved in marriage equality efforts in Oregon for the past eight years. "Discrimination based on who someone is, how God made them is not only wrong, but it lacks the fundamental love and respect for our neighbor that all religious traditions call for. Those who oppose marriage equality attempted to make it a political issue. Love is a principle, not a political football."

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Gregory, who celebrated her honeymoon at Lost Lake, believes that we are all connected, we are all one and in this knowing, there cannot be separation. "When this is believed as the truth, the church doesn't need to 'accept' me for who I am, because there is no separation. I am no different from any other person."

While marriage equality is a great victory, Alexander cautions that just as the civil rights victories of the 1960s did not erase racism and the women's rights victory of the 1920s did not eliminate gender inequality, there will always be a need to strive for a world that works for everyone.

"I join Judge McShane who said in his ruling on this issue that we're looking forward to the day when we stop acting like 'Chicken Little,' looking to the sky for what might fall. Rather, let's begin looking to each other and lift each other up," said Alexander. "That is the Oregon and world in which I choose to live and work toward."

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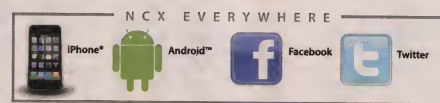
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